

Save a Life

(Basic Lifesaving Skills)

The session will last approx 2 hours and is “very hands on” and practical so please wear trousers

Topics covered

- Recognise the signs and symptoms of a heart attack.
- How to perform CPR – babies to adults
- The unconscious casualty
- Choking (baby to adult)
- Serious bleeding
- How to use a Defibrillator

The course is delivered by experienced Welsh Ambulance Service Community Responders

Donation to them on the day please

**Royal Oak Hotel
The Cross
Welshpool**

**Wednesday
4th June**

7.00pm sharp till 9.00pm

To book your place

Facebook @welshpoolimpact
welshpoolimpact@gmail.com
(Places are limited)

www.welshpoolimpact.com

Welshpool Impact

Rotaract

