



**Would you know what to
do in a life threatening**

emergency?
HEAR START

At Guide Lodge Scrubbits Park Road Radlett **FREE**
Informal course covers unresponsive , not breathing,
choking, major bleeding and heart attack including CPR
and Defibrillator use. Come for 1 or 2 hours.

7th or 28th March 10 am-12 or 7.15pm-9.15

to book your place, or arrange another course contact
07881 624521 verity.guides@gmail.com