




# WELCOME FIRST AID



# RevivR



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## Learn CPR in 15 minutes with RevivR™ CPR Training

Most of us will witness a cardiac arrest in our lifetime. Be ready for that day with RevivR, our fast, free and easy-to-use CPR training course.

[Start the training now >](#)



<https://www.bhf.org.uk/>

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# The circuit

The National Defibrillator Network

In partnership with

ASSOCIATION OF AMBULANCE CHIEF EXECUTIVES   Resuscitation Council UK   St John Ambulance

Is your defibrillator connected?  
Take charge. Join The Circuit today.

[Register your defibrillator](#)



www.heartsafe.org.uk



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# Welcome to HeartSafe®

A British Company with 15 years expertise providing defibrillator (AED) solutions for communities, businesses, schools and sports clubs throughout the UK.



A company providing the most advanced UK manufactured defibrillators and cabinets and very proud of its successes. [Read more](#)

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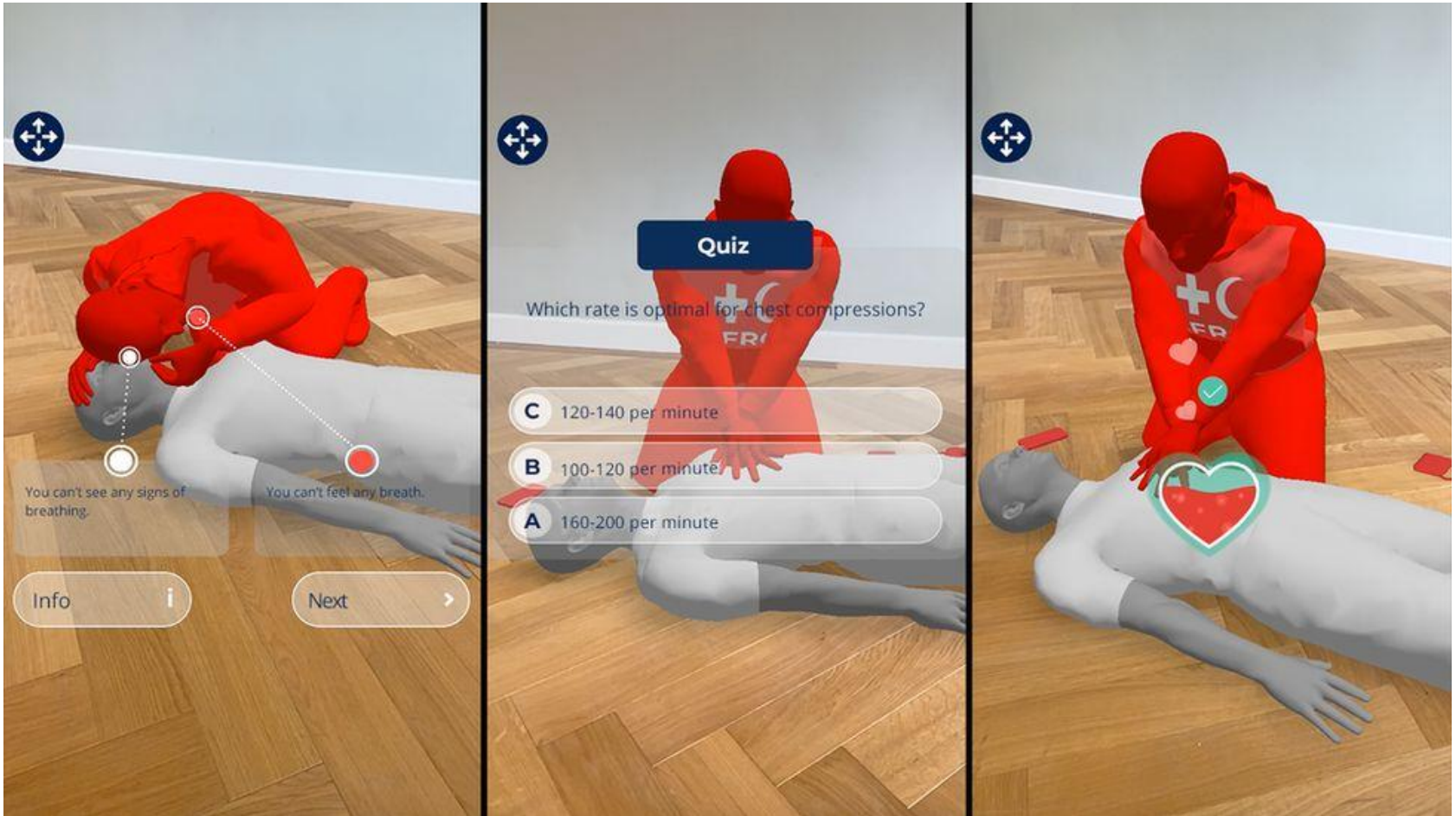


**Heartsine 500P  
Defibrillator With  
HeartSafe Rucksack**

<https://www.heartsafe.org.uk/aed-locations>



# Fabrice Muamba: Snapchat CPR lessons will save lives



# CPR Right Now



Sudden cardiac arrests happen every day, many of them out of hospital. In the UK, just one in ten people survive.<sup>1</sup>

## How to make your own sports drink

- 500 ml fruit juice mixed with 500 ml water and 0.5 - 1 g (1/8<sup>th</sup> tspn) salt (optional)
- 200 ml squash mixed with 800 ml water and 0.5 - 1 g (1/8<sup>th</sup> tspn) salt (optional)
- 40 - 80g sugar and 0.5 – 1g (1/8<sup>th</sup> tspn) salt dissolved in 1 litre warm water.  
A little sugar-free squash if preferred

# SCENARIO 8



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## Public Immediate Actions

for multiple casualties from  
SHOOTING  
STABBING  
or a BOMBING



KNOW WHAT TO DO and prepare yourself with citizenAID