

EMPOWERING THE PEOPLE OF SUSSEX TO BE...

RESCUE READY



FREE CPR & AED AWARENESS SESSIONS

WHY GET INVOLVED?

Every second counts in a cardiac emergency. Learn how to confidently perform CPR and use an Automated External Defibrillator (AED). These free sessions will equip you with the essential skills to potentially save a life.

WHO CAN ATTEND?

These sessions are perfect for community groups, residents associations, clubs and societies based in Sussex.

WHAT YOU'LL LEARN

- Assessing and Responding to Emergencies
- CPR Techniques
- Safe and Effective Use of AEDs

BE RESCUE READY

Spaces are limited

Apply online by visiting our website



WWW.SUSSEXHEARTCHARITY.ORG/RESCUEREGY

Bookings are subject to our Terms and Conditions, available on our website. Minimum attendance requirements apply. Our sessions are designed to boost confidence and enhance public safety; no formal qualifications will be awarded.

For more information about Rescue Ready, including accessibility options and privacy policies, please call 01273 523028 or email rescueready@sussexheartcharity.org.

Follow us on Facebook for updates and additional information.

