

## Heartsaver CPR

This is a comprehensive 3½ hour Irish Heart Foundation, in association with the American Heart Association certification course which covers all the essential aspects of CPR & AED use for adults and children.

The Heartsaver CPR/AED Course teaches you the basic techniques of cardiopulmonary resuscitation (CPR), how to use an Automated External Defibrillator (AED) and the relief of choking for adults, children and infants. An AED is a computerised defibrillator which analyses the heart rhythm of a person in cardiac arrest and uses voice prompts to advise you if a shock is needed. The AED is an important link in the chain of survival and this course teaches you how to use them effectively. The Heartsaver AED Course takes approximately 3½ hours to complete.

All participants receive a wallet size certification card from the Irish Heart Foundation which is valid for two years.

**Who Should Attend?:** Anyone who wants to learn CPR & Defibrillation for Adults & Children

**Prerequisites:** None

**Duration:** Approx 3½ hours

**Certificate Valid For:** 2 years

**Accreditation:** Irish Heart Foundation

### **Booking for Individuals:**

This course is available as an open course for individuals to join, just call us or join our email list for updates of new courses and check our main page for details of our next open course.