



Are you prepared to **Save a Life?**

**Every five minutes,
someone will have a heart attack.**

**There are 30,000 out of hospital
cardiac arrests each year – the survival
rate is less than one in ten.**

Take our **free** online
first aid course now!
(It takes only around an hour to complete).



Visit:
www.virtual-college.co.uk/prepared

*(Choose 'Prepared to Save a Life' course)



CSALS

(Community Save a Life Scheme)

is a Charitable Incorporated Organisation, dedicated to promoting the need for more people with first aid skills.

For further information, please visit

www.csals.co.uk

or contact Debra Johnson

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Supported by:

