Don't get caught out, be HEART safe

- Sudden cardiac arrest can strike anyone, anywhere and anytime
- Is your sports club, event, league and camp equipped and prepared to win the battle against Sudden Cardiac Death?
- Learn CPR and defibrillation

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Every week 12 young people in the UK DIE due to undiagnosed heart conditions

www.jhmt.org.uk @JHMTorguk @JHMTorguk

heartsafe

British Heart Foundation

NHS

Leicester City Council

LRS Leicester-Shire & Rutland Sport www.lrsport.org.uk

Joe's mini heartstart for sports