



British Heart  
Foundation

**HEARTSTART**

# **SCHOOLS TOOLKIT**

Training a nation of life savers

# The British Heart Foundation

**It's our mission to stop heart and circulatory diseases in their tracks. We fund pioneering research to help save lives and beat heartbreak.**

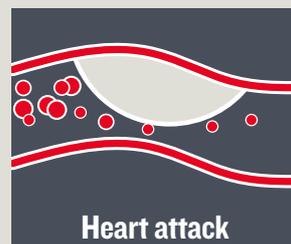
The scientists we support are constantly pushing up the survival rates from heart attacks and our pioneering research has helped to transform the lives of people living with heart and circulatory conditions.

## A NATION OF LIFE SAVERS

We have a vision to create a nation of life savers. As part of that, we're doing everything we can to make sure the British public know how to perform CPR and can use public access defibrillators (PADs). That way, when someone has a cardiac arrest, bystanders become life savers and someone's mum, dad, friend or child is given a second chance at life.

### Heart attack and cardiac arrest: what's the difference?

A cardiac arrest and a heart attack are not the same thing. A heart attack is when part of the person's heart muscle is not getting enough blood. They need to go to hospital. A cardiac arrest is when a person's heart has suddenly stopped working. They will be unconscious and need CPR straight away.



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In the UK  
**MORE THAN**

**30,**  
**000**

times a year someone's mum,  
dad, grandparent or friend  
has an out-of-hospital

**CARDIAC ARREST**

In the UK  
**LESS THAN**

**1 in**

**10**

**PEOPLE SURVIVE**

One of the reasons for this low survival rate is simple: not enough people know emergency life saving skills.

**Heartstart is one of the main ways we provide emergency life saving training in schools and communities. Since 1996 Heartstart has shared these skills with millions of people and, thanks to schools like yours, that number is growing all the time.**

Heartstart is a flexible course that can be taught in six separate sessions or condensed into one two-hour session.

**It increases survival rates by showing people how to:**

- Deal with an unconscious person.
- Recognise a heart attack and a cardiac arrest.
- Perform cardiopulmonary resuscitation (CPR).
- Deal with choking.
- Respond to serious bleeding.
- Use a defibrillator.

## **WHY TEACH CHILDREN LIFE SAVING SKILLS?**

Every year, there are over 30,000 out-of-hospital cardiac arrests in the UK, but the survival rate is less than one in 10. That's why your commitment to keep hearts beating is so important.

Around 80% of these out-of-hospital cardiac arrests happen in the home – often surrounded by families and loved ones – so it's important that someone knows what to do. The full course, including the CPR session, can be taught to children aged 10 and above, although younger children can still learn parts that do not include CPR.

**As well as learning life saving skills, there are many benefits for your students and your school:**

- Heartstart can be integrated into a range of subjects including PSHE classes, science, drama and PE – Go to [bhf.org.uk/heartstart](http://bhf.org.uk/heartstart) for a full breakdown of curriculum links for primary and secondary across all four nations.
- Programmes promote community spirit, inclusiveness and self-esteem.
- Learning life saving skills gives students confidence by preparing them to cope with emergency situations.
- The hands-on approach of the course appeals to children of all ages.
- Students who may not excel academically often shine in Heartstart programmes.
- Most students respond well to the implied responsibility of being able to save a life.

**Children can be as capable of applying life saving skills as adults.**

# 80%

**OF OUT-OF-HOSPITAL CARDIAC ARRESTS HAPPEN IN THE HOME**

# Course overview

**It's impossible to predict when a life threatening emergency will occur. Be sure that the young people you work with are equipped with the skills they need to save a life.**

## **A LIFE SAVING REVOLUTION**

Finding the place for training in your school could save the life of someone in your community one day.



**All schools running a Heartstart programme need to re-affiliate with the BHF every year. Go to [bhf.org.uk/heartstart](http://bhf.org.uk/heartstart) for information on how to do this.**

## **HEARTSTART TRAINING OPTIONS**

Parts of the Heartstart course can be taught to primary age children and the CPR section has been designed for children aged ten and upwards.

The course can be adapted to each school's own needs. It is generally delivered in separate sessions over a series of weeks, terms or even school years, but a refresher course can also be taught intensively in two hours too.

Whichever option you choose, try to cover the course more than once with each group. That way, they'll be more confident to put what they've learnt into practice when faced with an emergency.

It is important that trainers stick to the Heartstart course and do not add in their own material – for example, trainers should not add in more detailed aspects of first aid.



Regular refresher sessions help keep children confident in their learning and ready to respond in an emergency.

# The 6 session programme

The Heartstart six-session programme can be delivered in six 40–60 minute classes. Schools working with children under the age of ten can skip lessons 3 and 4. You can choose how to work through each session. Some schools do one session per week over six weeks; others break up the course across several terms or school years.

- Always have at least one trainer for every 15 pupils.
- Try to repeat training as often as possible to keep students' learning fresh.

Session	Content	Target age	Page
<b>1</b>	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>• Why children need life saving skills</li> <li>• The Chain of Survival</li> </ul> <p><b>The conscious casualty</b></p> <ul style="list-style-type: none"> <li>• Checking for danger</li> <li>• Checking for a response</li> <li>• Calling 999 or 112</li> </ul>	5 and up	
<b>2</b>	<p><b>The unconscious casualty</b></p> <ul style="list-style-type: none"> <li>• Shouting for help</li> <li>• Opening the airway</li> <li>• Checking for normal breathing</li> <li>• Recovery position</li> </ul>	7 and up	
<b>3</b>	<p><b>Cardiac arrest part 1</b></p> <ul style="list-style-type: none"> <li>• Checking for normal breathing</li> <li>• CPR: Chest compressions</li> </ul>	10 and up	
<b>4</b>	<p><b>Cardiac arrest part 2</b></p> <ul style="list-style-type: none"> <li>• CPR: Chest compressions with rescue breaths</li> <li>• Defibrillator awareness</li> </ul>	10 and up	
<b>5</b>	<p><b>Suspected heart attack</b></p> <ul style="list-style-type: none"> <li>• The signs of a heart attack</li> <li>• Dealing with a suspected heart attack</li> </ul> <p><b>Choking</b></p> <ul style="list-style-type: none"> <li>• How to recognise choking</li> <li>• Back blows</li> <li>• Abdominal thrusts</li> <li>• Helping infants and young children</li> </ul> <p><b>Serious bleeding</b></p> <ul style="list-style-type: none"> <li>• What to do</li> <li>• Applying pressure</li> </ul>	7 and up	
<b>6</b>	<p><b>Repeat, Revise, Refresh</b></p> <ul style="list-style-type: none"> <li>• Revision with videos or DVDs</li> </ul>		

**MY SON DID THE**

**HEARTSTART**

**COURSE AT SCHOOL.**



I had chest pain and felt sick. My son knew it was a heart attack and

**SAVED  
MY LIFE**

**Alex, Survivor**

# The age-related programme

The age related programme allows Instructors to cover different parts of the programme to different year groups in an age-appropriate way.

- Always have at least one trainer for every 15 pupils.
- Try to repeat training as often as possible to keep student's learning fresh.

Level	Content	Target age
<b>1</b>	<b>SESSION 1</b> The conscious casualty	5–8
	<b>SESSION 2</b> The unconscious casualty	
<b>2</b>	<b>SESSION 3</b> Serious bleeding	8–11
	<b>SESSION 4</b> Choking	
	<b>SESSION 5</b> Suspected heart attack	
<b>3</b>	<b>SESSION 6</b> Cardiac arrest <ul style="list-style-type: none"><li>• Checking for normal breathing</li><li>• Hands-only CPR</li><li>• Defibrillator awareness</li></ul>	11–16
	<b>SESSION 7</b> Cardiac arrest continued <ul style="list-style-type: none"><li>• Chest compressions with rescue breathing (CPR)</li><li>• Hands-only CPR</li><li>• Defibrillator awareness</li></ul>	

## **HEARTSTART: TWO-HOUR REFRESHER COURSE**

Whilst we recommend schools deliver a number of sessions separately, the Heartstart course can be covered in one intensive two-hour session with children aged 11 and over.

Children under 11 are unlikely to be strong enough to perform CPR effectively so you can remove the session on cardiac arrest for them.

<b>10 minutes</b>	<b>Introduction</b>
<b>10 minutes</b>	<b>The conscious casualty</b>
<b>25 minutes</b>	<b>The unconscious casualty</b>
<b>45 minutes</b>	<b>Cardiac arrest</b>
<b>10 minutes</b>	<b>Suspected heart attack</b>
<b>10 minutes</b>	<b>Choking</b>
<b>10 minutes</b>	<b>Serious bleeding</b>

# Putting learning into action

The Heartstart programme also covers emergency situations as shown below, giving your pupils the skills and knowledge to act quickly.



## Unconscious

If someone is unconscious they could be in cardiac arrest. Follow the DRS ABCD checklist and contact the emergency services.



## Chest pain

A dull ache, tightness, a sense of heaviness in the chest or a feeling like indigestion can be signs of a heart attack. If someone is suffering from these symptoms, sit them down, keep them calm and call for help.



## Choking

If someone can't breathe, is going blue or clawing at their neck they could be choking on something stuck in their throat. You need to dislodge whatever is stuck by giving them up to 5 back blows. If this doesn't work, give them up to 5 abdominal thrusts.



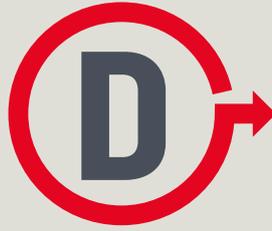
## Bleeding

Serious bleeding can be life threatening. You need to stop them losing blood by pressing down on the wound to restrict the blood flow.



Order the Heartstart booklet or Reminder cards featuring the DRS ABCD. Give one to each young person who has completed the training to reinforce their learning. See page 20 for resources.

# Emergency! Think:



## **Danger**

Check for danger. Always put your own safety first and check for risks before helping the casualty.



## **Response**

Can the person respond or are they unconscious? Ask them 'can you hear me?'



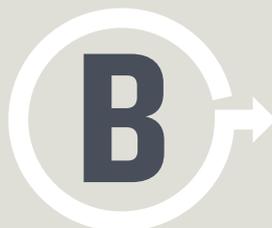
## **Shout**

Call out for help – it helps if you can get someone else to call 999 or 112 while you are dealing with the emergency.



## **Airway**

Make sure their airway is open and unblocked. If they are unconscious, tilt the head back and lift their chin to open the airway.



## **Breathing**

Check if they are breathing normally. If they are, put them in the recovery position by lying them on their side with their knee bent, their hand tucked under their cheek and their head tilted to keep their airway clear.



## **CPR**

If they are not breathing, start CPR by repeatedly giving 30 chest compressions and then 2 rescue breaths. Always ask a bystander to call 999 or 112.

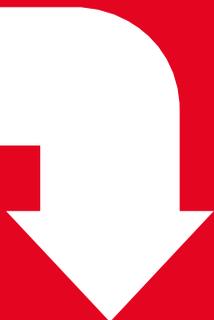


## **Defibrillation**

Ask someone to find out where the nearest defibrillator is and get them to bring it to you as quickly as they can.

**HEARTSTART**

**TEACHES HOW TO**



# **RESPOND IN AN EMERGENCY.**



**If something happens to  
someone you love, you  
need to be able to give  
them a fighting chance.**

**Kate, Heartstart  
instructor**



# Re-affiliation

To support Heartstart schemes across the country, we need to know who is delivering training and how many participants are being trained. This helps us to make sure all schemes provide life saving training in a consistent, safe and effective way whilst following the guidelines of the Resuscitation Council (UK).

We can only provide insurance cover for schemes that report trainee figures every year. You will be asked to report your figures online every year.

## CHANGES TO YOUR SCHEME

When your scheme was originally established, a number of details were agreed. If any of the following change, it is important to report this to the BHF.

### Keeping a record of your team

#### Scheme team and personnel

- Your Programme Coordinator
- Training Supervisor
- One or more Instructors

### Reporting numbers of trainees

It's really important to track and report how many people your school trains and how many instructors you have. That way we know how many people across the UK are able to respond in an emergency.

Please keep a record of your training figures and report your yearly total on your online re-affiliation form.



**Record forms are available at**  
**[bhf.org.uk/heartstart](https://bhf.org.uk/heartstart)**

### To re-affiliate

To access support from the BHF, all Heartstart schemes must re-affiliate each year and include their total figures for the previous year. We will email you every autumn and include a link to online registration. We cannot insure your scheme unless the scheme is re-affiliated every year.

# Keep up the momentum

**Heartstart schemes are vital – they make sure children and young people across the UK know what to do in an emergency and are ready to save lives.**

They rely on the dedication of teachers and school staff– their skills, commitment and expertise have resulted in millions of people being trained in life saving skills since 1996.

To make sure your school's Heartstart programme is successful, you'll need a great team behind you. Here are some ideas to support your scheme:

#### **Hold regular meetings for the Heartstart team**

- Share student feedback, discuss what works well (and what doesn't), and resolve any potential issues with all the staff involved in the programme.

#### **Peer tutors and parent involvement**

- Encouraging senior students and parents to get involved in your Heartstart programme is a great way to get more people saving lives. Peer tutors also benefit in terms of personal development and get a valuable insight into teaching skills. Senior students can become trained as peer tutors and support training sessions by cleaning manikins, setting out equipment and helping with practical sessions. They must be supervised by an Instructor at all times.

**Since**

**1996**

**Millions of people have been trained in life saving skills.**

# Your heartstart team

A core team, along with the student council, and parents can support your Heartstart programme's success.

## PROGRAMME COORDINATOR

The Programme Coordinator is the main point of contact for all communication between your scheme and the BHF. There are no specific qualifications needed for this role – any staff member, teacher or capable person can take it on.

### Responsibilities include:

- Keeping training records for the previous three years.
- Keeping evidence to show that Instructors have successfully completed the training course every three years.
- Keeping in touch with the BHF.
- Completing the annual online re-affiliation form.

**Your school must inform the BHF immediately if the Programme Coordinator changes their contact details.**

## TRAINING SUPERVISOR

Your school must have a Training Supervisor who is approved by the BHF and suitably qualified and experienced to train, assess and support Instructors.

### They are responsible for:

- Training and assessing potential Instructors.
- Delivering the Instructor training course.
- Acting as an advisor and overseeing the quality of life saving training.
- Providing Instructor training course records to your Programme Coordinator.
- Organising refresher courses annually or at least every three years.

- Keeping the scheme up to date and in-line with Resuscitation Council (UK) guidelines (available at [resus.org.uk](http://resus.org.uk)).

**Training Supervisors can come from a variety of backgrounds such as:**

- NHS Resuscitation Officers.
- Local ambulance services.
- First aid instructors.
- Healthcare or education professionals with relevant training and experience.
- Health and Safety Executive (HSE) approved first aid trainer.

Your scheme must have an approved Training Supervisor. Without one, you cannot deliver the Heartstart course.

Your school must submit details of a new prospective Training Supervisors. Please complete a Training Supervisor Nomination Form at:

 **Go to [bhf.org.uk/heartstart](http://bhf.org.uk/heartstart)**

## INSTRUCTORS

The role of the Instructor is to deliver the Heartstart course, often with the help of assistants or peer tutors.

Only Instructors who have been trained, assessed and approved by the Training Supervisor can teach the Heartstart course.

**Instructors are usually teachers, however they can come from a variety of backgrounds:**

- School teachers, nurses or staff.
- Medical students.
- Volunteers who are interested in first aid training.
- Healthcare workers such as members of the emergency services.



Your Instructors should be re-trained every year to keep their skills up to date. Your Training Supervisor can provide this training.

# Instructor training programmes

**Every Instructor from your school's Heartstart programme must be trained, assessed and approved by your Training Supervisor.**

The amount of time needed for training and assessment varies depending on the new Instructor's background, but you will need to allocate a minimum of four hours.

Unit	Content	Time	Notes
<b>A</b>	Practical skills (The Heartstart Course)	2 hours	Instructors should attend a Heartstart course before they start the Instructor training course.
<b>B</b>	Background knowledge	2 hours	Theoretical information about coronary heart disease and life saving skills.
<b>C</b>	Teaching life saving skills	2.5 hours	To provide teachers/potential instructors with knowledge, skills and aptitude to teach pupils life saving skills effectively.



Instructors should have refresher training at least every three years, ideally every year.

## Resources for instructors

Once Instructors have completed their training course, your Training Supervisor will need to complete an Instructor assessment form. Once Instructors have passed the course, they can be presented with a Heartstart Instructor Certificate.



**For these resources and more, go to [bhf.org.uk/heartstart](http://bhf.org.uk/heartstart)**

## TRAINING LOCATIONS

Heartstart training is hands-on, practical and involves active learning.

Most schools use spaces such as:

- gymnasium
- sports hall or assembly hall
- classroom.

Many find that particular times of the year work well – for example during exam periods or towards the end of term.



Try and keep all the training equipment in one place, and make sure several key people know where it is kept.

**EVEN CHILDREN  
WHO GENERALLY  
FIND IT HARD TO  
FOCUS,   
ENGAGE**

**WITH HEARTSTART.**

**IT'S HANDS  
ON, PRACTICAL,  
AND THEY  
CAN SEE THE  
RELEVANCE.**

**Lisa, Heartstart  
Coordinator**

# General guidance

**It's important that the heartstart course is delivered in an environment that is safe for all staff and pupils alike.**

## **Health and safety**

It is the school's responsibility to ensure that there's nothing that could be a potential safety hazard during the session, and to know what to do in an emergency. Emergency procedures should be explained to the trainees before the session starts.

Your scheme must follow manufacturers' recommendations for the hygienic use, maintenance and storage of manikins.

You must follow the Heartstart health and safety policy and make sure that your Instructors are aware of, and follow, the guidelines in the policy.



**Download heartstart health and safety policy:**  
[bhf.org.uk/heartstart](https://bhf.org.uk/heartstart)

## **Personal safety**

At the start of the session, the Instructor should make clear that parts of the training such as the recovery position will involve young people practicing on each other while others can only be practiced on a manikin.

The sessions on choking and CPR can only be taught in theory and cannot be demonstrated except on a manikin.

Participants should be reminded that they should not do anything that may put them at risk – for example, by aggravating an existing injury.

The Instructor must explain that the techniques can only be practised in the training and should only be used in a real emergency.

## **Public liability and personal accident insurance cover**

The BHF provides free public liability and personal accident insurance cover for your scheme's Instructors.  
**More information on Heartstart Insurance:**



[bhf.org.uk/heartstart](https://bhf.org.uk/heartstart)

A COMPLETE STRANGER GAVE ME

**CPR AND**

**RESCUE BREATHS**



**TO SAVE  
MY LIFE**



**TOGETHER WE STARTED  
A HEARTSTART SCHEME.**

**NOW 700  
PEOPLE**

**KNOW LIFE SAVING SKILLS**

**Keith, Instructor  
and Survivor**



# Heartstart resources

Order these great resources to support learning and celebrate participants' achievement.

## TO ORDER ANY OF THE FOLLOWING ITEMS:

Call the BHF orderline on 0300 200 2222

Email [orderline@bhf.org.uk](mailto:orderline@bhf.org.uk)

Visit [bhf.org.uk/publications](http://bhf.org.uk/publications)

### Ordinary Day DVD

Designed to support emergency life saving skills amongst primary age children, this DVD shows how to respond to choking, serious bleeding, a suspected heart attack and cardiac arrest.

Order code: DVD12/0317

### Skills for Life DVD

This 42 minute DVD is great for teaching emergency life saving skills to children of secondary school age or young adults. It uses a series of short films to demonstrate the recovery position, CPR, suspected heart attack, choking and serious bleeding.

Order code: DVD17/0317

### Heartstart Reminder Card

This handy fold up card fits neatly in a wallet or purse and is perfect for older teenagers and adults wanting to keep the main points of the training fresh.

Order code: M7/0117

### Heartstart Booklet

This booklet provides a clear, step-by-step guide to responding in an emergency. It covers heart attack, cardiac arrest, choking and serious bleeding.

Order code: HSC017/01

## Heartstart Attendance Certificates

Order up to 500 certificates to celebrate your pupils' learning and hand out to all those who complete the life saving skills class.

Order code: HSC103/18

## Heartstart Attendance Certificates – levels indicated

Download level-specific certificates to celebrate your pupils learning as they attend each section of the course.

## Heartstart Instructor Certificates

Provide your Instructors with a certificate to show their training course is passed and up to date.

Order code: HSC2/1016

## Heartstart Empty Belly Poster (Size A4)

Editable poster to promote your scheme to your pupils. The design includes a blank area for personalisation so you can add your venue details and more.

## TO DOWNLOAD THE FOLLOWING:

- Heartstart course
- Heartstart instructor training course
- Heartstart Instructor assessment sheet
- Heartstart training supervisor nomination form
- PDF versions of print resources and more

 [Go to bhf.org.uk/heartstart](https://bhf.org.uk/heartstart)

## Resuscitation Council (UK) Guidance

Guidelines and advice on the legal status of those attempting resuscitation.

 Available at <https://www.resus.org.uk/cpr/legal-status-of-those-attempting-cpr>

**JOIN THE FIGHT FOR EVERY  
HEARTBEAT AND HELP YOUNG  
PEOPLE BECOME A NATION OF  
LIFE SAVERS.**

## APPENDIX:

# Conditions of affiliation

**The conditions of affiliation are designed to ensure that Heartstart schemes provide emergency life saving training in a consistent, safe and effective way. They follow the guidelines of the UK Resuscitation Council.**

1. By completing the Heartstart re-affiliation form you agree to adhere to these terms and conditions.
2. Affiliation is free and is granted by the British Heart Foundation ("BHF") for up to 12 months. A Heartstart scheme ("Scheme") may apply for renewal on an annual basis.
3. Trainers must only use and teach the Heartstart course content and not add in their own material or attempt to include more detailed aspects of first aid.
4. All Heartstart courses must be offered free of charge to trainees. A donation to support the continuation of the scheme can be requested but any such donation shall not be a condition of providing the training.
5. The Scheme shall notify BHF in order to obtain its approval in relation to the proposed appointment of any new Training Supervisor.
6. The Scheme shall notify BHF in relation to the appointment of any new Programme Coordinator.
7. The School shall keep a record of your training figures and report your yearly total of trainees and current Instructors every year on your re-affiliation form.
8. The Programme Coordinator shall:
  - a. Keep training records for the previous three years.
  - b. Keep evidence for three years to show that Instructors have successfully completed the training course.
9. Your school must inform the BHF immediately if the Programme Coordinator changes their contact details.
10. Instructors must be trained, assessed and approved by the Training Supervisor. Instructors should attend a refresher session with their Training Supervisor every 12 months.
11. The Scheme shall adhere to the Heartstart guidance on Health and Safety and Safeguarding (together the "Policies") annexed to this Toolkit. Any failure to comply with the Policies will result in termination of the Scheme by BHF subject to condition 18(c) below.
12. The Scheme can use the phrase "Affiliated to the BHF" on publications, posters and websites provided it is not for the purposes of fundraising. Schemes cannot use the BHF name except in this phrase.
13. The BHF logo and charity numbers cannot be used at any time.
14. Child protection: Your school must ensure that people visiting the school and/or assisting with Heartstart life saving training are familiar with and comply to the school's safety and child protection policies.
15. The Scheme acknowledges and agrees that it is solely responsible for its compliance with all laws and regulations in relation to the Scheme, its operation and carrying out of all the Scheme's activities, including but not limited to data protection legislation.

16. The BHF extends its own insurance cover to include public liability insurance and provides personal accident insurance on behalf of the Scheme for when the Scheme is carrying out activities that directly support BHF and provides this free of charge as a benefit of affiliation. Insurance cover is renewed as part of the annual re-affiliation process. In order to benefit from this cover:
  - a. all Schemes are required to adopt and adhere to the Insurance terms as specified in the Heartstart insurance policy cover.
  - b. Schemes are required to maintain an up to date register of Instructors. This will provide evidence of Scheme membership in the event of an insurance claim involving a group member.
  - c. if the Scheme uses instructors that are not Heartstart accredited, or uses other third parties as part of its activities, then it must ensure they are suitably qualified / competent, as well as ensuring they have their own insurance cover. A copy of the instructor's qualification and insurance should be provided to BHF on request.
17. In the event the school ceases its Heartstart training activity, it shall notify the BHF who will try to arrange for the donation of all Scheme equipment and other related materials to another Scheme or organisation.
18. Termination:
  - a. Affiliation can be terminated either by the BHF or the school, giving one month's written notice.
  - b. Affiliation may also be terminated on account of any adverse publicity that could affect the public reputation of the BHF.
  - c. If a school does not meet the conditions of affiliation the BHF may terminate the affiliation immediately by serving notice of termination if:
    - i. The contravention cannot be corrected, or if it can be corrected, is not corrected within one month of instruction to do so.
    - ii. The school says or writes anything that could bring either itself, the Heartstart programme or the BHF into disrepute or in any material way damage the good name of the BHF.
  - d. On termination, the school must remove all references to its affiliation to Heartstart from any materials used by the school and public liability and personal accident insurance provided by the BHF shall also be withdrawn immediately.
19. These terms and conditions and any dispute or claim arising out of or in connection with them or their subject matter or formation (including non-contractual disputes or claims) shall be governed by and construed in accordance with the law of England and Wales. The Group and BHF irrevocably agree that the courts of England and Wales shall have exclusive jurisdiction to settle any dispute or claim arising out of or in connection with these terms and conditions or their subject matter or formation (including non-contractual disputes or claims).

The Scheme is required to advise the BHF Insurance and Risk Manager on 0207 554 0107 immediately of any claim or potential claim and to follow the process for making a claim as detailed in the Heartstart insurance policy cover.



**British Heart  
Foundation**

Heartstart is part of nation of life savers, the British Heart Foundation's vision to increase survival rates for out of hospital cardiac arrests and save the lives of thousands of people across the UK every year.

For over 50 years our research has saved lives. We've broken new ground, revolutionised treatments and transformed care.

But heart and circulatory disease still kills one in four people in the UK. That's why we need you. With your support, your time, your donations, our research will beat heart disease for good.

Text FIGHT to 70080 to donate £3\*