



ROYAL  
LIFE SAVING  
SOCIETY UK



## What would you do if someone stopped breathing?

**In the UK, 77% of people either don't know or are unsure of how to perform CPR and millions of people wouldn't know how to give basic first aid to another adult.**

The RLSS UK hold workshops around the country teaching local communities what to do in an emergency and equip them with the skills to help adults who have stopped breathing, are choking or have suffered a heart attack.

### **You will learn:**

- Basic Life Support (CPR)
- Choking (diagnosis and treatment)
- Drowning (diagnosis and treatment)

**Sign up now for our Save an Adult's Life workshop**



To find your nearest venue  
or for more information

The **Drowning Prevention** Charity