




IRISH  
HEART  
FOUNDATION



Heartsafe™



2 hours  
that could last  
a lifetime



## Learn basic life support skills to help sustain life at home and at work

11,000 people in Ireland die each year from cardiovascular disease.

6,000 of these deaths result from sudden cardiac arrest.

Cardiopulmonary Resuscitation (CPR) can save lives, and the earlier the intervention, the better.

CPR is an easily learned first aid procedure, which, if started promptly after cardiac arrest can sustain life until medical help arrives.

CPR is a vital link in the chain of survival to save a life.



Help make your community Heartsafe: