

# Chester Zoo

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HELLO!

WE ARE...

# It's all Free!

CHESTERZOO



# Not Free

CHESTERZOO

## Choir



Working Welsh



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## Heartstart

Heartstart courses teach you **CPR** and other emergency life saving skills and they are free to attend.

There are over 3,800 Heartstart schemes across the UK supported by the **BHF**.



## Two hours for life

A Heartstart course lasts around two hours. On the course you'll learn about:

- dealing with an unconscious person
- the signs and symptoms of a heart attack
- recognising a cardiac arrest and performing CPR
- dealing with choking
- dealing with serious bleeding.

## At Chester Zoo:

- 29% workforce is trained
- 6 Instructors
- 110 people trained

## 2015 Awards:

- UK Heart Start Organisation of the Year
- 3 x Individual Lifesaver Awards
- Gold NHS Cardiac Award

## 2016 Awards:

- Countess of Chester Hospital – Chain of Survival
- St Johns Everyday Heroes Organisation of the Year

# Thank You!

## Jane Hubbard

Wellbeing Warrior for Chester Zoo