

Many of us will witness a cardiac arrest in our lifetime.  
Be ready for that day.



Learn lifesaving CPR in 15 minutes for free with RevivR. You just need your mobile and a cushion.

Scan the QR code or visit [bhf.org.uk/revivr](https://bhf.org.uk/revivr) to start the training.

**RevivR**<sup>TM</sup>

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**Boughton Parish Council, in association with the British Heart Foundation, have installed a Defibrillator in the telephone box on Chapel Road.**

**It has voice instructions to guide users and prompts and will not allow it to shock unless appropriate.**

**There is short online familiarisation video available by visiting the BHF website on the poster via the address or QR code.**

**Please take a look, in the time it takes to have a coffee you could become confident to carry out CPR and save a loved one's or friends life!**