

USING AN AED (AUTOMATED EXTERNAL DEFIBRILLATOR)

These are completely automated life saving machines. They are easy to use, give clear instructions and can increase the chance of survival by 80%. To purchase one for your community or workplace, please email heartbeat@wfa.org.nz

GOODSAM RESPONDER APP

Once you have learnt CPR and feel confident, we would love for you to consider becoming a GoodSAM responder. Ask us about getting the GoodSAM Responder app on your phone today.

For more information visit
wfa.org.nz/heartbeat
or email
heartbeat@wfa.org.nz

Thank you to the Lloyd Morrison Foundation for sponsoring Heartbeat. They care about saving lives and are working with us to make our region a safe one.



LLOYD MORRISON
FOUNDATION



WELLINGTON
FREE AMBULANCE
kia ora te tangata

We are the ones. 111

LEARN CPR. SAVE A LIFE.
wfa.org.nz/heartbeat



AS A COMMUNITY
WE CAN HELP
SAVE LIVES.

HEART BEAT
COMMUNITY CPR TRAINING

EVERY WEEK, ON AVERAGE
**4 PEOPLE HAVE A
SUDDEN CARDIAC ARREST**
SOMEWHERE IN WELLINGTON AND WAIRARAPA

26% happen
in a public
place

Early CPR
increases
survival rates
to 29%

An AED
can increase
the chance
of survival
by 80%



**Our Heartbeat community CPR training is free
thanks to the Lloyd Morrison Foundation.**

WE TRAIN:

Whānau | Tamariki | Pakihi | Hapori whānui
Families | Children | Businesses | Communities



DURING YOUR HEARTBEAT TRAINING SESSION YOU WILL LEARN:



What to
do in an
emergency



How to
perform
CPR



Where to find
an AED and
how to use it



About the
GoodSAM
Responder App

Training is interactive and you will learn everything
you need to know in less than an hour.

Knowing CPR means you could save the life of a friend, a colleague,
a member of your whānau or someone on the street.

To book Heartbeat training visit wfa.org.nz/heartbeat