

You can save a life with CPR – Come and practice on 16 October

The International Restart a Heart Day is on Wednesday, 16 October 2019.

Anyone can save a life by giving CPR and calling the emergency number 112 for help.

The Länsi-Uusimaa Rescue Department together with Aalto University will organise a Restart a Heart Day event in Otaniemi. The event will take place in the entrance hall of the Undergraduate Centre (Otakaari) 1 from 11.30 to 16.00.

The rescue department's paramedics and safety educators will instruct you how to give CPR and use a defibrillator (AED). You are warmly welcome to practise lifesaving skills with us!

Open to everybody!