

Defibrillator and CPR familiarisation and refresher course



Saturday 2nd of March 2019

Coffee and registration at 09.30 for 10am start

12:30 finish

This course is for you if:

- You have a defibrillator or AED in the local community and would like to refresh your skills.
- If you don't have an AED or defibrillator but you would like to learn and practice cardiopulmonary resuscitation (CPR) and how to use an AED.

But I'm not first aid trained?

- You do not need to be first aid trained to save a life, you need to be competent and confident that you can give CPR and attach an AED

What will you learn?

- You will learn very basic anatomy and physiology to help you understand how and why CPR and AED's work
- You will learn to recognise when a person needs CPR and an AED
- You will be able to temporarily manage the scene of a cardiac arrest
- At the end of the course you will know when and how to perform effective CPR and to attach an AED independently.
- **The sole aim of the course is to have candidates leaving feeling confident that they could help save a life.**

Important information

This course does have practical sessions and CPR is strenuous, and does involve kneeling on the floor. If you have a medical condition which may cause you to tire quickly or prevent you kneeling on the floor, please think carefully before booking on to the course.

