

Whilst we hope no one has to use the defibrillator in the restored phonebox in Woodtown or the one outside the Village Hall at Fairy Cross we want the community to feel confident in using them in case so we have arranged a

Defibrillator Awareness
Cardiac Arrest Response Seminar

Wednesday November 17th at 7pm
Alwington Village Hall

2 HOUR SESSION COVERS:

What is Sudden Cardiac Arrest :-

‘5 minutes to save a life’

‘Physiology of the heart’

How to recognise SCA

How to dial 999; what to expect, questions you will be asked

How to do CPR and why

Practical Demonstration

How to use your AED

Recovery position/ turning a patient

Handover to Paramedics

The session is being run by

