

Fluttering Hearts: First Aid and Defibrillator training

The meeting room at the Memorial Hall was full last night of local residents keen to learn how to use the new defibrillator. The proximity to Valentine's Day seemed to have hearts fluttering...

The presentation by the AED team was superb. We were presented with a simulated emergency situation of finding someone unconscious and not breathing. Having first phoned 999, we were then given step by step instructions as to how to continue, what support to expect from the emergency service, how to do chest compressions and mouth to mouth, and, if instructed to, to use the defibrillator. We then all had hands-on experience of doing chest compressions, applying the defibrillator pads and administering the shock. It was very well done. I think we all felt more empowered to help in such a situation, and relieved to think that were you that unfortunate body on the floor, others would be able to administer effective help to you!



Checking for signs of life



Chest compression



Unwrapping the defibrillator



Putting the pads on the chest