



## Defibrillator awareness

### Cardiac Arrest Response Seminar (CARS)

There is no *legal* requirement to have defibrillator training in the UK, but it does form part of the First Aid at Work requirements from 2017. The UK Resuscitation Council guidelines indicate that community defibrillators (AEDs) should be able to be used by members of the public *with* or *without* any formal training. This is because the equipment is very easy to be used, and when you have called 999, the ambulance service operator will normally stay on the telephone to assist you. The modern AED equipment is also designed to talk to you, or show you, and tell you what to do. You cannot make a mistake when using an AED – just follow the instructions being given. However training is *desirable*, particularly to create confidence in the community, learn CPR, and to understand the processes, as well as managing best practice, and reducing potential for liability. Training in correct CPR technique is also invaluable and essential.

CHT works with the ambulance service to provide community awareness sessions, or can offer an inclusive full training programme if required through its training partners. Annual retraining is advised on formally trained people.

The CHT community awareness 'CARS' programme is *unique* has been recognised as being ideal for a community to create awareness of the issues surrounding treating a patient in the community. It is not a formal classroom course, but designed to answer questions, give basic instruction, be interactive and create confidence.

Each 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

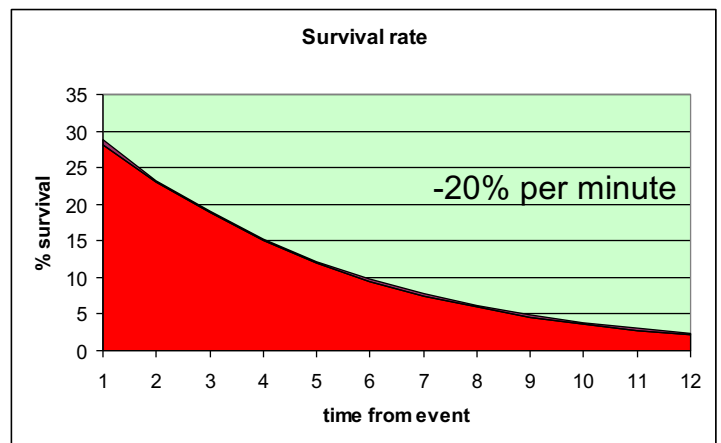
**How to do CPR and why, inc. practical**

**How to use your AED**

**Recovery position/turning a patient**

**Handover to the Paramedics**

**Governance and support programmes**



De Maio et al. (OPALS) Ann Emerg Med 2003; 42: 242

The first awareness session for a community is normally built in to your delivery when the community uses the CHT full cPAD programme. Additional sessions may incur a small charge. Full first aid training sessions are chargeable and can be arranged through CHT. By June 2017 over 60,000 have attended these sessions.

VETS – Where a VETS system is in place, the training on this will be conducted separately for the VETS volunteers. VETS training will assume previous attendance by the volunteers to the basic CARS awareness sessions. VETS training may be chargeable if held at a different session to the CARS sessions. (See overleaf).

All training records are done via the WebNos Governance system

For more information please contact the Charity via the web site below.

[www.communityheartbeat.org.uk](http://www.communityheartbeat.org.uk)

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Attendance certificate is available via WebNos

