

## Defibrillator Awareness Cardiac Arrest Response Seminar

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 and 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:



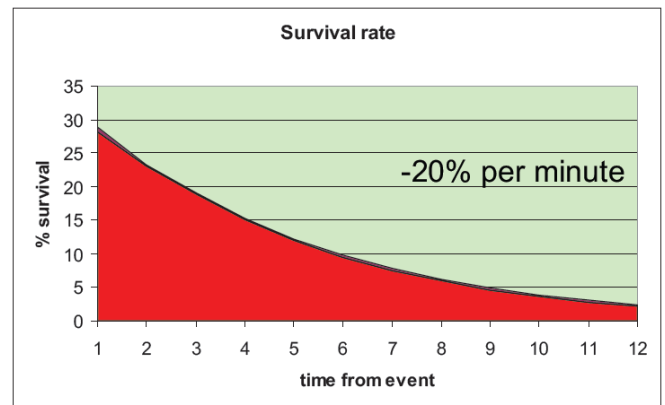
**What is Sudden Cardiac Arrest :-**  
**'5 minutes to save a life'**  
**'Physiology of the heart'**  
**How to recognise SCA**



**How to dial 999 :-**  
**what to expect**  
**questions you will be asked**



**How to do CPR and why,**  
**Practical Demonstration**  
**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 undertaken just after delivery when the community uses the CHT full cPAD programme. Additional sessions may incur a small charge. Full community first aid training sessions are chargeable and can be arranged through CHT. By January 2022 over 250,000 have attended these sessions.

All training records are done via the WebNos™ Governance system. Attendance Certificates can be made available by signing in at your local session.

GDPR Compliance Statement 1, 24th April 2018, Community Heartbeat Trust Charity (CHT) and Community Heartbeat Trust Solutions Ltd (CHTS)

By contacting us or asking us to contact you, you are agreeing for us to hold your details on our systems so we are able to support you and contact you in respect to any enquiries; in an emergency; for other purposes relating to the defibrillator or other services; or for research purposes.  
Details of individuals (including local WebNos contact) may be transmitted to the local Ambulance Service for their command and dispatch computer system. These details will only be accessible to the Ambulance Service, or another Statutory Agency where required. In case of defibrillator activation, it is necessary for the Ambulance Service to report such instances, make contact with the local caretaker, and ensure that equipment is made fully operational after use. If delivery details have been passed to a supplier, or courier company they will be required to delete your data after delivery unless needed for repeat deliveries. You have a right to request viewing any information that we hold on you. All data will be held for historical purposes for a minimum of 20 years. CHT is registered with the Information Commissioners Office (ICO) for holding of this information. Data held by CHT will not be passed to any 3rd party marketing organisation.

More information is available via our the charity website below.

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



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GDPR

Awareness Session Leaflet V2.00