

80% of out of hospital cardiac arrests happen at home and therefore, are often witnessed by family members or friends. That's why it's important to learn CPR as one day you might need it to help save the life of someone you love.

If you are unable to access the e-learning content, we hope to arrange a group training session at the village hall over the coming months. This session will also provide an opportunity to get hands on familiarity with our AED. Please call Kevin to register your interest in a group training session so we can assess the need.

If you have any question please do not hesitate to contact one of your Parish Councillors.

Learning these three simple steps really could mean the difference between life and death

Tiverton & Tilstone Fearnall Parrish Council

A life saving supplement to your Parish Newsletter

**CALL
PUSH
RESCUE**

CALL 999 immediately.

PUSH hard and fast on the centre of the chest 30 times.

Give two **RESCUE** breaths.

Keep going until the emergency medical services arrive.
If you'd rather not give rescue breaths then call 999 and deliver hands only CPR. That's better than doing nothing.

We are pleased to provide important information on the newly acquired life saving resources available to our community.

We are also amongst the first community groups in the UK to adopt a new model of CPR training, called Call Push Rescue. It's an innovative 'watch and learn' model of CPR training. You practice along with an instructional DVD using inflatable manikins. No instructor is needed. You'll learn life-saving skills in under 30mins. If you would like to arrange for the loan of one of these kits, so that you and your family can learn and practice this life saving technique, then please contact Kevin Thompson on 07712389896.

Call Push Rescue Training Kit:

- simple and interactive
- innovative 'watch and learn' model of CPR training
- practice with an instructional DVD using inflatable manikins
- no instructor needed
- in under 30 minutes you'll learn essential life-saving skills.

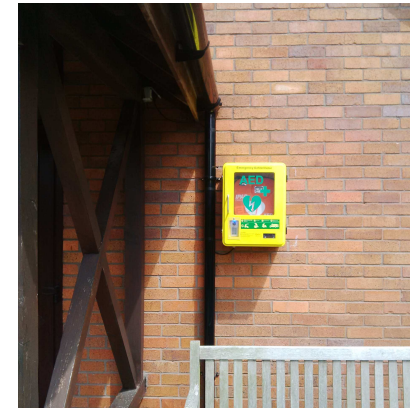


Learn how you could save a life with an iPad AED

It is crucial to act quickly when faced with someone having a cardiac arrest. It is widely recognised that a shock from an AED should be delivered without delay as part of the chain of survival. The definitive treatment for sudden cardiac arrest is a shock from a defibrillator. **So the Parish Council have acquired a AED for our community and it is located at the village hall.**

If you are alone with a casualty and have call 999 continue with CPR, ask someone else to retrieve the AED.

THE PASSCODE TO OPEN THE CABINET IS 666111



An online training package for the use of our AED is available at <http://www.ipad-aed.com/cpranddefibrillatortraining/>

The AED we have selected:

- Is designed to be simple to use by minimally trained people
- Is very effective at guiding the operator step by step
- Is very safe and easy to use – you can do no harm