

# BASIC FIRST AID & DEFIBRILLATOR



## FREE TRAINING



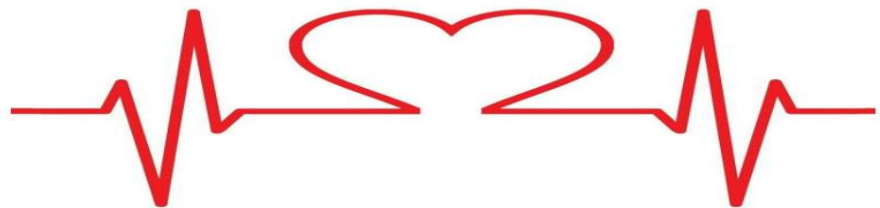
FRIDAY 27 SEPTEMBER 2024 AT 7PM

THE FBC CENTRE, GORSE RIDE NORTH, FINCHAMPSTEAD

Fantastic opportunity to brush up on your basic first aid skills and learn how to operate one of our **5 community accessible defibrillators** for free!



Acting quickly when someone goes into cardiac arrest is vital, and a defibrillator can make all the difference between life and death. These potentially lifesaving items of equipment are designed to be used by anyone without specific training, but some knowledge is always helpful.



- The 2-hour training session will include incident management, assessing the unresponsive casualty (adult and children), the recovery position, resuscitation and use of the defibrillator.
- Choking, bleeding, head injuries & seizures will also be covered.



Please let us know if you would like to attend:

0118 908 8164 / [planning@finchampstead-pc.gov.uk](mailto:planning@finchampstead-pc.gov.uk)



**Finchampstead**  
Parish Council