



STEDHAM WITH IPING PARISH COUNCIL

Automated External Defibrillator (AED) Training

Following the purchase of the Publicly Accessible AED, Stedham and Iping Parish Council had intended to run a series of free training courses on AED and Basic Life Support (CPR) for members of the parish.

No training is needed to use an AED but many people find the introduction to it along with the Basic Life Support (CPR) training very useful.

Two members of the Council have been trained as trainers for the AED and the required training materials, including a resuscitation manikin, an AED simulator and a quantity of CPR face shields have been purchased.

Unfortunately, with the current Covid-19 restrictions, delivering this training is not practical at the moment, as most of the training is based on Basic Life Support which requires close contact with other trainees.

So, in the meantime:

- **The AED and prep-kit are located outside the memorial hall.**
- **This is accessible to all – at any time**
- **No training is needed to use an AED. The machine will talk you through the process.**
- **You cannot deliver a shock if one is not needed.**
- **If in doubt, use the AED.**

Current advice from the Resuscitation Council is that Chest Compression Only Resuscitation may be effective in preserving a casualty with Sudden Cardiac Arrest until Emergency Services arrive, where the rescuer is unwilling or unable to give Rescue Breaths.

You can get information on AED and BLS at:

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life>

You can pre-register your interest in attending the training, when we are able to deliver it, by contacting the Clerk to the council at Clerk@StedhamwithIping-PC.gov.uk . Please put "AED Training" as the Subject: of your message.

There is no strict age restriction for the training. You need to be comfortable kneeling on the floor for a short while and able to undertake modest exercise. We can accept children from 8 years old when they are accompanied by a parent or guardian.

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June 2020