

CPR AND DEFIBRILLATOR TRAINING

In light of the recent Government advice around Coronavirus we are pressing the pause button on our CPR and defib training sessions.

If you are likely to be at home for the foreseeable future and looking for things to do, you may like to watch the training videos supplied by British Heart Foundation.

For a virtual training session use a pillow or sofa cushion to practice chest compressions.

Press CTRL on your keyboard and simply click on the links below.

1. Learn CPR (23 minutes)

<https://youtu.be/9t5MLAB-HZQ>

2. CPR for children (3.5 minutes)

<https://youtu.be/KtRRKWpG6V0>

3. Defibrillator awareness (2.5 minutes)

<https://youtu.be/YbjcCjSNvUY>