

Guidance on using the Club's defibrillator

It's important that we all take good care of the defibrillator as it could save someone's life. It's only for use in extreme emergencies, it can be used on adults and children and it is fully automatic (in that it will lead you through what you need to do in very simple steps). There is a simple pictorial guide leaflet inside the case also. It should not be moved unless it needs to be used.

You could be the one that is called upon to help someone so please take a few moments to watch the following training videos:

<https://www.youtube.com/watch?v=s5ZPLXdXPBc> (Manufacturer information and training)

https://www.youtube.com/watch?v=1v_tM6eUGaU (Real time emergency training)

The videos will help take away the fear factor in using the defibrillator.

If you have any questions please get in touch.