



A reminder of the simplicity of effective CPR / AED from Ash Webber of Webber Training:

3 simple steps:

1. Do something – take out the phone, call 999, get help. As I say “pass the buck!”
2. If casualty is responsive, talk to them. If not, roll the head back to open the airway & check the breathing for 10 seconds. If the breathing sounds ok, brilliant! Roll them onto the side whilst waiting for the ambulance.

If the breathing isn't ok, begin CPR (2 hands, Centre of chest, push hard at a ratio of 30 compressions to 2 breaths.) Remember, done is better than perfect. Don't strive for perfection.

3. If the AED arrives TURN IT ON. Really nothing else to it, listen to the voice prompts!

If I may be so bold as to ask for any members who feel so inclined to leave a quick google review

<https://g.page/r/CabFD1mwYBJUEB0/review>