CPR/DEFIB TRAINING

RETFORD
AREA OF SERVICE: Wider society

LIONS SHARE

Project description

We identified a need to provide knowledge of what to do when someone collapses with a possible heart attack.

This is an ongoing project in which the Club has been providing free training sessions using British Heart Foundation video and inflatable mannequins.

Participants are taught how and when to carry out CPR and how to access and use a defibrillator.

The video provides the key information and BHF have encouraged Lions to act as facilitators and also confirmed that it is not necessary to have first aid or any other qualifications.

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What went well?

- Venues have been provided by Parish Councils and other local organisations.
- They have arranged publicity to attract attendees.
- The feedback has been very positive and on several occasions we have received requests to return to train more people.

Lessons learnt

- Need to publicise well that we are available to carry out sessions.
- CPR saved the life of one of our training team recently and this further heightened the awareness of the need in the community.

300+ people served

200 volunteer hours