

Dear Members

At the cruiser meeting recently there was a discussion about training plans, that moved onto consideration of First Aid.

Many members present were not aware where the club first aid kit is or that the club has an Automated External Defibrillator (AED). Also many members confirmed that they did not have the confidence to use the AED nor received any AED training (although training is not essential).

Ahead of confirming dates for some one-day RYA first aid courses over the winter (and specific short AED training sessions) for any members who wish to sign up, I thought it would be useful to provide a little reminder and update.

The club first aid box, AED and accident book are all situated in the wall cupboard opposite the main entrance (under the stairs).

A modern AED can be used by anyone who is present when someone collapses, training is not required, (although training is obviously useful to provide confidence for the first aider).

In the case of someone collapsing, normal first aid treatment should be given, focussing on the ABC of airway, breathing and circulation.

An ambulance should obviously be called

If a casualty has collapsed and is not breathing normally, CPR should be administered and the AED should be fetched.

After opening the AED, you will be talked through placing the pads on the casualty and the further actions required by the machine.

This should be done alongside continued CPR where needed.

The AED will analyse the casualty's responses when the pads are connected and will not give a shock unless it is necessary, so will not cause additional harm to a casualty who does not need to be shocked.

If giving a shock you will be warned to stand clear, so should stop CPR and do as instructed, ensuring no one is in contact with the casualty when the AED provides the shock.

You would normally continue CPR and will be instructed in the appropriate action by the AED.

Keep going until the Ambulance arrives and they tell you they will take over.

Therefore if anyone does collapse and appears not to be breathing normally, the AED should be used and the instructions given by the machine should be followed, and to reiterate an ambulance must be called.

The link below is to a short video produced by St John Ambulance which demonstrates how to use an AED, which should help a little further with your understanding and confidence.

<https://www.youtube.com/watch?v=UFvL7wTFzI0>

How to Use a Defibrillator (AED) - First Aid Training - St John Ambulance

www.youtube.com

Find out how to use a defibrillator (AED):
<http://www.sja.org.uk/sja/first-aid-advice/first-aid-techniques/using-a--defibrillator-aed.aspx> If
someone is unresponsive ...

Let's just hope this knowledge does not need to be put into action!

All the best

Ian Harris