



FIRST AID WORKSHOP

Tuesday 18 July 2.30-4.30pm

At St Ronan's, 234 Muritai Road, Eastbourne

What? A 1-day, 2-hour, St John First Aid Workshop¹

Who? Anyone welcome

Cost? \$40 per person (includes a cuppa & bickie)

Book? Sandy Lang slang@xtra.co.nz

WHAT'S COVERED?

- 1. Cardiopulmonary resuscitation (CPR)** Cardiac arrest is a leading cause of death. CPR manually preserves brain function until further help is available to restore blood circulation and breathing. **How to do it**
- 2. Automated External Defibrillator (AED)** An AED delivers an electric shock to the heart to end arrhythmia. The body's natural pacemaker then re-establishes normal rhythm. An AED can make the difference between life and death. **How to use one**
- 3. Choking:** Find out about airway obstruction and signs and symptoms of choking. **What to do**
- 4. Severe bleeding:** Bleeding is usually minor but threatens life if severe. **What to do**

¹ Limit 20 persons. No assessment, No certificate, But practical teaching so you can do the job.