

# **FREE CPR & Defibrillator Training – 21<sup>st</sup> March 2019**

## **Free Life Saving Training**

Would you know what to do if someone collapses? Cardiac failure can be fatal and can affect people of any age. But the chances of survival are greatly increased if the correct treatment is applied promptly.

Retford Lions Club, working with Bassetlaw District Council, will be providing two free training sessions for the public on Thursday 21 March starting at 1pm and 7pm. These will show people how to access and use one of the many defibrillators now available in public places. But a defibrillator can only help if blood flow to the brain has been maintained by the application of CPR. So people will be taught this simple technique too.

The training will be led by a nurse, use equipment provided by the British Heart Foundation and will last about 90 minutes. About 300 people have already been trained and all have found it both useful and enjoyable.

We all hope, of course, that we will never face such an emergency. But if your child or loved one collapsed you would need to know what to do. To book a place at the training phone Bruce on 01777 704154.