

**Defibrillator Training**



*FREE Training Sessions in the use of the public access defibrillator outside the Beeches Medical Practice have been arranged on the dates below. To book a place please contact Caroline Higgins (Parish Clerk) on 01743 874651 or email* *baystonhillpc@hotmail.com**. Alternatively, call into the Parish Office for more information*

*Training Sessions:*

*22 February 2017 10am – 1pm*

*4 April 2017 12 – 3pm*

*11 April 2017 6:30–9:30pm*

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*“A defibrillator is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest.*

*This high energy shock is called defibrillation and it’s an essential life-saving step in the chain of survival.  If you come across someone who has had a*[*cardiac arrest*](https://www.bhf.org.uk/heart-health/conditions/cardiac-arrest)*, it’s vital to call 999 and*[*start CPR*](https://www.bhf.org.uk/heart-health/how-to-save-a-life/what-is-cpr)*. Then you should find out if there is a defibrillator nearby”. (British Heart Foundation)*