# FREE DEFIBRILLATOR & CPR WORKSHOP

gwasanaethau hyfforddi myrick training services

FREE!

## Could You Save a Life?

Every minute counts during a cardiac arrest. This **FREE** two-hour workshop will give you the knowledge and practical confidence to respond in an emergency while waiting for medical assistance.

*Learn life-saving skills in a friendly, supportive environment.*




### What You'll Learn

- 1) How to recognise and manage a cardiac emergency
- 2) How to perform effective CPR
- 3) How and when to use an AED (Automated External Defibrillator)
- 4) How CPR and defibrillation work together to improve survival chances
- 5) Practical, hands-on experience using an AED
- 6) What to do while waiting for emergency services to arrive

### Key Benefits

- Gain practical confidence in responding to a cardiac emergency.
- Learn how to perform CPR effectively while waiting for medical assistance.
- Understand how and when to use an AED safely.
- Practise key life-saving skills in a supportive, hands-on environment.
- Help improve the chance of survival for someone experiencing sudden cardiac arrest.

### Who Should Attend?

- Members of the public
- Parents and carers
- Community groups
- Sports coaches and volunteers
- Anyone who wants to learn life-saving skills.

*Learn. Practise. Be Prepared.*

**CPR** | **AED** | **Emergency Response** | **2 Hours**

### Workshop Dates

Monday
16th November
7:00pm - 9:00pm

OR

Wednesday
2nd December
7:00pm - 9:00pm

### Venue

The Institute
Bridge Street
Llanfair Caereinion
SY21 0RY

To book or for further information:
**07767 267830**

Email:
**townclerk@llanfairtowncouncil.gov.uk**

*The skills you learn could help save a life.*