**FREE TRAINING SESSION**

A defibrillator, also known as a defib or

AED, is an essential part in trying to save

the life of someone in cardiac arrest.

Free Training Session at North Hill Village Hall at 7.00pm 15th April 2024.

All welcome

*North Hill Parish Council have recently purchased a new Defibrillator located in Bathpool. Duchy Defibrillators have kindly offered a training session to all members of the parish.*

*Defibs are portable, with clear step by step instructions so anyone can use*

*them. By using a defibrillator before an ambulance arrives, you can significantly*

*increase someone’s chance of survival.*

*This course will enable participants to use a defibrillator competently and with confidence, ensuring they are familiar with the device and ready to act quickly in an emergency.*

*It also includes vital training in basic life support, including CPR.*