



St Andrew's First Aid

COMMUNITY ENGAGEMENT CPR & DEFIBRILLATION GUIDE

CREATING A NATION OF LIFESAVERS



ABOUT US

St Andrew's First Aid is Scotland's only dedicated first aid charity and leading first aid training provider. We believe no one should suffer or die because they needed first aid and didn't get it.

Our mission is to raise awareness of the importance of first aid skills through first aid event cover, first aid training courses and first aid education within schools and communities across Scotland.



COMMUNITY ENGAGEMENT

Our purpose is to connect with community groups and schools across Scotland to provide free first aid skills and knowledge sessions, delivered by our trained volunteers. These can be tailored to your audience and cover just one topic in a lot of detail; or could be a broader overview on many different first aid situations.

If you would like us to visit you, please **scan the QR code** on the back of this leaflet for community engagement booking requests!



HOW TO DELIVER CPR

1 Check the casualty's response

2 If casualty is **responsive** then leave them in the position found and identify any injuries, treating the most serious first.

3 Check the casualty's breathing

4 If the casualty is **not responsive** then open their airway and check for breathing. Tilt their head back (palm to forehead and lift their chin (fingertips of your other hand) to **open the airway**. Look, listen and feel for breathing for 10 seconds.

5 If they are breathing normally, if possible, leave the casualty in the position they were found. Identify any injuries, treating the most serious first. (If you need to temporarily leave the casualty place them in the recovery position)

6 If casualty is **NOT** breathing normally..

7 **Call for help**, call 999/112, ask for a defibrillator, begin CPR

8 **GIVE 30 CHEST COMPRESSIONS** - Kneel beside casualty, level with their chest, and place the heel of one hand in the centre of their chest (on their breastbone). Place the heel of your other hand on top of the first and interlock fingers as shown.

9 Lean over the casualty, keeping your arms straight, start compressions. Press down vertically 5-6cm in the centre of their chest **100-120 times** per minute, or to the beat of "**Staying Alive**". Always allow their chest to rise fully between compressions.

10 **APPLY THE DEFIBRILLATOR** - Turn the machine on, attach the electrode pads to the casualty's bare chest and follow all voice prompts provided. The machine will advise if a shock is required and either deliver it automatically or tell you to press the shock button on the unit.





BOOKING

All our community engagement first aid skills and knowledge sessions are free, and available across most of Scotland to any school or community group.



VOLUNTEER

As a community engagement volunteer you will facilitate our first aid awareness talks and demonstrations in a range of community settings.



DONATE

Charitable donations are vital to St Andrew's First Aid because they allow us to continue our lifesaving work and teach more people first aid skills.

If you have any questions at all about booking first aid skills and knowledge sessions, or about volunteering with St Andrew's First Aid as a community volunteer, then please feel free to email us at community@firstaid.org.uk or call us on **0141 332 4031**.

YOUR LOCAL VOLUNTEER IS

CONTACT DETAILS

