

Automated External Defibrillation

(A.E.D.)

A 3-4 hour training programme that meets the requirements of the UK Resuscitation Council for First Responder Defibrillation.

Research indicates that defibrillation is the most effective treatment for sudden cardiac arrest and will be most effective if delivered within 4 minutes from the time of the arrest. In the UK the attendance time for an emergency ambulance is 8 minutes! This means that if defibrillation is delivered at 8 minutes, only approximately 20% of casualties will survive. Having a portable defibrillator in your workplace, school or community building can dramatically improve the survival from cardiac arrest and an AED is very simple and safe to operate.

The WorkSafe Automated External Defibrillator (AED) course provides hands-on experience and training for the safe and effective use of any portable defibrillator and will ensure you have the peace of mind, that should the need arise your staff can safely use the AED. Additionally, HSE legislation now recommends that if an employer provides an AED then staff should receive training in its use.

Ideally candidates will already hold a First-Aid at Work certificate but full training in CPR can be given if necessary. An AED unit is an integral part of the course and an AED training unit will be used during the course. It is also useful to have a live AED unit in-situ or available as this will enable trainees to become familiar with the make and model located on site.

The WorkSafe AED programme content includes:

- **An overview of Ventricular Fibrillation and the use of defibrillators.**
- **Emphasis on early intervention, early CPR and the importance of the ‘Chain of Survival’.**
- **Hands-on practice for students using training AEDs.**
- **Scenario practice sessions tailored to portray similar situations to which the student may have to respond.**
- **Maintenance and troubleshooting of AEDs.**

By choosing a WorkSafe training programme you or your employees will receive:

*CPR and AED Made Easy Reference Manual.

*Professional training delivered by quality assured instructors and a maximum class size of 12 per instructor.

*Active learning strategies with opportunity for practice in small, relaxed groups monitored by the instructor.

*Fully interactive presentation materials that use a graphical approach to learning.

*Successful candidates will be awarded the WorkSafe Automated External Defibrillation qualification which is valid for 12 months and certificated by WorkSafe Training Systems.

Course Duration 3-4 hours