

Report to WGC Committee 28th November 2024

First Aid Training 19th November 2024

The following HWM attended a 2.5 hour first aid training course on 19th November 2024 organised by WGC, and run by Blue Earth Training Ltd :

Steve Downs
Stephen Webb
Richard Battle
Bob Kealey
Emile Charbine
Chris Dalton
Peter Holliday
Paul Carter
Dennis Dale Green

Course Objective

The aim of the course was to provide training in **basic life saving (BLS)**, and **automated external defibrillator (AED)** techniques, in order to assist with an emergency that may arise whilst at Windlesham Golf Club.

Prioritising Treatment

In the event of an incident or accident the course began by teaching the fundamental actions prior to any treatment being undertaken.

D – Danger – ensure that you, the casualty and any bystanders are safe

R – Response – Check to see if the casualty is conscious – shake the shoulders and ask loudly if the casualty is alright

A – Airway – Check for any life threatening airway problems & treat

B – Breathing – Identify and treat any life threatening breathing problems

C – Circulation – Identify & treat any life threatening circulation problems

The above is shortened to **DR ABC**, making it easy to remember.

Resuscitation

The course contained some presentation material, but was more focussed upon the practical steps to be taken in the event of a potential heart attack by implementing **cardiopulmonary resuscitation (CPR)**, and the use of an

automated external defibrillator (AED). Both of these techniques were practiced by the group.

CPR

When a heart has stopped or is not beating in a regular rhythm, it is important that CPR chest compressions are performed immediately. This basic life saving technique helps to maintain blood flow to the brain and is essential for survival, pending arrival of the medical experts.

In the vast majority of cases CPR will not restart the heart, and the chances of survival using CPR alone is only 6%.

AED

AEDs are used to help those experiencing sudden cardiac arrest. It's a sophisticated, yet [easy-to-use](#), medical device that can analyse the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm.

The device is designed to be user-friendly, with clear instructions on how to use it in case of an emergency. It's important for everyone to be aware of what an AED is and how to use it, as it could make a difference in saving someone's life.

Survival rates are increased to 74% when using an AED.

The AED at Windlesham Golf Club is located behind the doors to the kitchen in the bar area.

Attached are some action notes for anyone at the club who may be involved in an emergency of this nature.

Steve Downs

28th November 2024

WHAT TO DO IN THE EVENT OF SOMEONE SUFFERING A HEART ATTACK

1. Check if any first aiders are present at the club and if so contact them to attend the incident.
2. Lie the casualty on his back and gently shake the shoulders, ask loudly if they are alright.
3. Check the airway, tilt the head back and lift the chin to open the airway.
4. Place your chin to the mouth and nose and check for normal breathing
5. If breathing is absent, shallow or abnormal **call 999 / 112** and advise the operator that the casualty is **not** breathing.
6. Activate the speaker function on your phone so that you can **start CPR** while talking to the ambulance call handler. They will guide you through the required actions. Nb CPR requires constant chest compressions and can be very tiring. Try to alternate CPR with someone else every two minutes.
7. Call the Pro Shop 01276 458147 and ask for the defibrillator to be sent to your location immediately, or ask for someone to collect it from the bar. It is located behind the doors to the kitchen.
8. When the defibrillator arrives get it ready whilst someone else carry's on with CPR – **NB DO NOT STOP CPR UNTIL THE DEFIBRILLATOR IS READY**
9. Switch on the AED immediately and follow the voice prompts.
10. Attach the pads to the bare chest **WHILST CONTINUING WITH CPR**
11. **STOP CPR** and stand clear while the AED analyses the heart rhythm
12. **If a shock is advised deliver the shock – make sure that nobody is touching the casualty**
13. Immediately restart CPR and continue as directed by the AED voice prompts
14. If the heart restarts, place the casualty in the recovery position pending arrival of the ambulance medical team
15. **The chance of survival using CPR alone is only 6%, whereas with the use of an AED this increases to 74%**

