

DFA TRAINING

Cardiopulmonary Resuscitation (CPR) Training and Defibrillator Awareness

Delivered by: DFA Training

This awareness session equips participants with the essential skills to respond confidently and effectively during a cardiac emergency.

Why This Training Matters

Every minute without CPR and defibrillation reduces a cardiac arrest casualty's chance of survival by 10%.

With over 30,000 out-of-hospital cardiac arrests in the UK each year, knowing what to do can make the difference between life and death.

What You'll Learn

- DRABC Primary Survey — a structured approach to assessing an unresponsive casualty.
- Basic Life Support — recognising cardiac arrest and initiating life-saving actions.
- CPR
- Using an Automated External Defibrillator (AED) — when and how to use a defibrillator with confidence.
- Recovery Position — maintaining airway safety while awaiting help.
- Managing Choking — recognising severity and applying appropriate interventions.

Outcome

By the end of the session, participants will:

- Understand how to respond in a cardiac emergency
- Be able to perform CPR confidently
- Know how to operate an AED safely

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Driver and First Aid Training