

As part of your AED Aftercare program with Hopkins Training and Support, you're entitled to **comprehensive training in Basic Life Support (BLS) and the safe, confident use of an Automated External Defibrillator (AED)**. An essential part of any serious community AED initiative.

This training isn't a bonus, it's what makes your defibrillator program truly life-saving. Equipment alone doesn't save lives. **People do. When they're trained, confident, and ready.**

◆ **Course Overview: AED Competency and Confidence**

Heart and circulatory diseases claim around 200,000 lives annually.

Many of those lives could be saved if defibrillators were accessible, and if bystanders were trained to use them correctly and without hesitation.

Our hands-on, no-exam course gives your local team or community the practical skills to operate an AED safely and effectively.

◆ **What You'll Learn**

This course covers more than just defibrillator operation, it builds vital life-saving knowledge and hands-on ability.

Core Competencies:

- Assessing the scene for safety
- Assessing a casualty's level of consciousness
- Opening the airway and checking for breathing
- Recognising when CPR is needed
- Performing CPR on a manikin
- Identifying key safety considerations when using an AED
- Listing the differences when using an AED on a child
- Placing AED electrode pads correctly on a manikin
- Accurately following AED voice prompts
- Minimising interruptions to CPR while using an AED
- Delivering AED shocks safely
- Placing a casualty in the recovery position
- Knowing the next steps if the casualty begins breathing normally again

◆ **Training Details**

- **Attendee numbers:** Ideally 12 persons maximum
- **Duration:** 2–3 hours, plus half an hour each side for set up and take down.

- **Location:** Delivered on your premises or a mutually agreed venue
- **Format:** A mix of practical and theoretical activities
- **No written exams or assessments**, just hands-on learning
- **Syllabus Includes:**
 - Legal responsibilities and incident reporting
 - Assessing emergency situations
 - Managing unresponsive casualties
 - Understanding AED functionality
 - Resuscitation techniques and procedures
 - Safe and effective defibrillation
 - Post-incident response

◆ Please Note – Dress Code for Training

To ensure full participation in CPR practice (conducted on the floor), we kindly ask attendees to:

- Wear comfortable, movement-friendly clothing
- Avoid skirts, low-cut tops, or lipstick (as it can stain our manikins)

◆ Why This Matters

AEDs are becoming more common, but **only trained, confident individuals can truly make them effective.**

Your Hopkins Aftercare program ensures your community isn't just equipped, but **empowered** to act when it matters most.

With over 30 years of experience supporting schools, parishes, and local organisations, we provide more than just equipment. We provide the knowledge and care that save lives.

If you'd like to schedule your training or have any questions, I'm here to help.

Best regards

Ken Hopkins



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