

# Burton Business Club News Release

## First Aid – Making those vital seconds count.

On one of the most exceptionally fine evenings in 2006 so far, the Burton Business Club met after work at the Burnt Gate Inn at Anslow to hear how to make those vital seconds and minutes count when dealing with injury. Mick Bannister of First Alert was on hand to both demonstrate new first aid techniques

Mick first surprised the members by saying that the traditional resuscitation techniques that everybody remembers as being mouth-to-mouth resuscitation has changed as from January this year. Generally, mouth-to-mouth is not now used. The simple techniques that he demonstrated were there purely for any bystander to give injured and poorly people the chance to live pending the arrival of the trained paramedics. The practical demonstrations using both dummies and members were very informative and sometimes hilarious.

However, nobody lost sight of the seriousness of the message that this is very often a life and death situation. Members learned the most sobering statistic that the incidence of successful restarting of the heart is 2 to 5 percent with traditional resuscitation methods as demonstrated, even in an A & E department. This rises to 75 percent when the electric defibrillator (so beloved by medical dramas) is utilised. As a separate issue, survival chances decrease by 10 percent every 2 minutes delay in applying the technique – so speed is of the essence.

The big message of the evening was that portable defibrillators are now coming onto the market that can be used by anybody. These cost £1200 which is not much if it shared by say a number of businesses in a building.

Andy Luffman, the new club Chairman, thanked Mick for his most memorable presentation and urged everybody to consider the defibrillator for their business. The Burton Business Club meets at 7.30 pm on the second Tuesday of each month usually at the Burnt Gate Inn, Anslow and new members are always welcome. The next meeting is at the Burnt Gate Inn on Tuesday, 13 June 2006 where member, Marie Stevens gives a new insight on what Life Coaching is about.

For further information about the club, its activities and how these can add value to your own business, please contact Club Chairman Andy Luffman on 01283 520042 or log onto the Website at [www.burtonbusinessclub.co.uk](http://www.burtonbusinessclub.co.uk)

Photograph (Left - Right):

