

# Volunteer Role Profile

## Volunteer CPR Demonstrators

### About East Anglian Air Ambulance

We are a **365 day-a-year lifesaving service** working across Bedfordshire, Cambridgeshire, Norfolk and Suffolk. Since **the charity's launch in 2000**, the dedicated, highly skilled medical crews on our **specialty equipped helicopters** have helped to **save the lives of hundreds of people** unfortunate enough to be involved in accidents or medical emergencies in this region.

### About our CPR and Defibrillator Courses.

Every year approximately 12,000 people in the East of England suffer a cardiac arrest whilst at home, work or play. Currently only about 60% of these receive any form of bystander cardiopulmonary resuscitation (CPR) before the arrival of the ambulance service and less than 5% have a defibrillator deployed. Early bystander CPR can treble the chances of surviving a cardiac arrest. Coupled with the early use of a defibrillator this can improve survival rates from 2% to around 40-70%. East Anglian Air Ambulance aims to save more lives and minimise the impact of trauma and medical emergencies in the community. To achieve this, we are delivering CPR and defibrillator awareness training to community organisations and workplaces across East Anglia.

### About this role

Due to the demand for our CPR sessions, an exciting opportunity has arisen for volunteers. We are seeking people willing to become Volunteer CPR demonstrators to deliver our free 1-hour CPR and defibrillator awareness sessions to community groups across Norfolk, Suffolk, Cambridgeshire and Bedfordshire. Ideally, you will have experience in delivering CPR or CPR training and hold a basic life support or first aid certificate. You'll receive training from one of our Critical Care Paramedics in how to deliver the course and ongoing monitoring and support will be provided.

### What will I be doing?

- Delivering our free high quality CPR and defibrillator awareness sessions to community groups across the county in which you are based (Normally within an hours drive of your address)
- You will be able to respond to requests for training which come into EAAA but will also have the opportunity to work with community fundraising to identify opportunities, and to use you own local knowledge and contacts to liaise directly with community groups via phone or email, informing them about the course.
- You may be handling small amounts of money and donations. We will advise you on our cash handling procedure. In the future we hope to be able to use Tap to Donate machines and QR codes as more convenient ways for attendees to make donations
- Communicating regularly with the EAAA CPR Coordinator to ensure all bookings are processed correctly, and visits are followed up where necessary.

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## When can I volunteer?

When delivering the CPR courses, we are usually guided by the requests and what dates and times suit the groups asking us to attend. You can though contact the group to discuss alternatives and to agree a date and time that is convenient to both of you.

When liaising with potential groups, we would ask you to please be mindful of not making the phone calls either too early in the day or too late in the evening.

When agreed, the details and booking forms need to be shared with EAAA CPR Co-ordinator

## What we are looking for

- Previous experience of delivering CPR training is preferable but not essential as full training will be given
- Confident in public speaking and delivering training
- Flexible with your time and able to attend courses at short notice with an ability to deliver a couple of sessions each month. These are likely to include courses in the evenings and at weekends.
- Must be able to travel across the county you cover to attend courses and have access to your own transport.
- Physically able to deliver all aspects of training, which will involve performing CPR on a mannequin. You will also need to be able to kneel on the floor to demonstrate.
- Friendly, enthusiastic and approachable.

## What we can offer

- Full First Aid training and induction provided by EAAA, as well as ongoing support.
- The chance to make a real difference in your local community.
- Join a warm and friendly team of like-minded people.
- Travel and telephone expenses can be paid.

## Interested?

Please complete our online application form! For further information please contact [info@eaaa.org.uk](mailto:info@eaaa.org.uk), call 03450 669999 or visit our website [www.eaaa.org.uk](http://www.eaaa.org.uk)

We look forward to meeting you