

First Aid, Cardiopulmonary Resuscitation (CPR), & Automatic Electronic Defibrillator (AED) Training

First Presbyterian Church of East Avon, May 2023 Scholarship Recipient

June 7, 2023

To Whom It May Concern,

On Saturday, May 13, 2023, an 8-hour training course was held at the Henrietta Ambulance center, led by certified instructor Deborah Bahr via CHS Mobile Integrated Health Care, Inc. Seven individuals attended the course, six congregants of First Presbyterian Church in East Avon, and another person as a guest of the church. Participants represented deacons, elders, church administration and children/youth staff. At its conclusion, course participants were certified as successfully completing cognitive and skills evaluations in accordance with the American Heart Association's Heartsaver® First Aid CPR AED.

The morning session focused on first aid treatments, including but not limited to allergic reactions, burns, cuts, broken bones and choking. Where appropriate, instruction emphasized different protocols for infants, children and adults. Instructions included video presentations, verbal instructions, and opportunities to practice selected techniques (e.g., bandaging, proper removal of latex gloves). The afternoon session was dedicated to CPR and Automatic Electronic Defibrillator (AED) training. Similar to the earlier session, instruction encompassed a variety of modalities. Especially useful were multiple emergency simulations which required trainees to use CPR and an AED on both adult and infant mannequins.

All participants expressed an appreciation for the course, the benefit of actual technique practice and confidence in being able to administer aid would they be in a situation when it's needed.

Terri Tugel
Session Member, First Presbyterian Church, East Avon