

# SNEEM COMMUNITY FIRST RESPONDER PROGRAMME

## Membership Form

This membership is to demonstrate my support and my understanding of the importance of a **Community First Responder Programme**. There are no obligations connected with the general membership.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

email: \_\_\_\_\_

Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Date of birth: \_\_\_\_\_  
(only for on call first responders)

Distance from Sneem Bridge: \_\_\_\_\_

Distance from Tahilla Church: \_\_\_\_\_



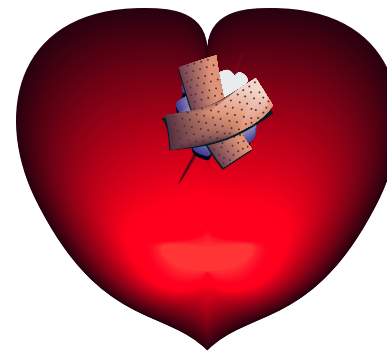
I want to (tick boxes please):

- ☐ support the programme by becoming a member.
- ☐ support the project with a monthly / annual standing order.
- ☐ get on a waiting list for a **certified Heartsaver CPR / AED Course**.
- ☐ get on a waiting list for a **Family and Friends CPR** course.
- ☐ become a first responder sharing the **On Call Duty** regularly.
- ☐ receive updates on the project via email or newsletter .
- ☐ I have medical qualifications: \_\_\_\_\_

Suggestions: \_\_\_\_\_

Signature: \_\_\_\_\_

# SNEEM COMMUNITY FIRST RESPONDER PROGRAMME



## READ THIS! IT COULD SAVE A LIFE!

The Sneem Community First Responder Programme aims to introduce **Defibrillator Units to our community**. The units will be used for Resuscitation of Heart Attack victims.

## We need Volunteers to train as First Responders.

Speed is everything!

For every minute that passes without defibrillation, a victim's chance of survival decreases by 10%! An ambulance from Kenmare will take at least 20 minutes to arrive in Sneem!

The programme has the support of the HSE,  
GP's and all emergency services.

It is designed to supplement their services, not to replace them.

**If you would like to learn how to save someone's life,  
or to support the Programme in some other way, read on!**

An application form for membership is on the back of this leaflet.

# Cardiopulmonary Resuscitation (CPR) is a simple yet a LIFE-SAVING treatment that everyone can learn how to perform, including YOU and ME.

The geography of The Iveragh peninsular means that it can often take up to 45 min. for the ambulance to reach an emergency, so it's up to all of us to be prepared !

**Immediate bystander CPR and defibrillation within 3-5 minutes results in an average survival rate of 50% of victims of sudden Heart Attack,**

also known as cardiac arrest. Most Heart Attacks are due to abnormal heart rhythms, most commonly ventricular fibrillation (VF). In this state the heart beats in a chaotic, irregular fashion and fails to pump blood to the body's other vital organs. Death follows within minutes.

**Defibrillation, is the application of an electrical shock to restore a heart to its normal rhythm. It is the only known therapy for ventricular fibril-**

**lation (cardiac arrest/heart attack).** For every minute that passes without defibrillation, a victim's chance of survival decreases by 10%.

**In 10 minutes  
without defibrillation,  
death is nearly certain.**

This program aims to make emergency defibrillation widely accessible to cardiac arrest victims.

If you would like to prepare your self for a possible emergency, take part in the next available Certified Heartsaver Course. You will find more information at:

[www.sneem.com/firstresponder](http://www.sneem.com/firstresponder)

**The Chain of Survival is:  
Early Access, Early Resuscitation, Early Defibrillation,  
Early Advanced Life Support**

When this chain was put into practice in America by increasing public awareness, training people in basic life support and placing defibrillators in the community, it improved the pre-hospital survival rate to between 25% and 30%. There is also evidence to suggest that in cases of cardiac arrest, for every minute that goes by without defibrillation a patient's chances of survival decrease by 10%. By developing groups of Community Responders who are trained to provide the first three events

in this chain, there should be a significant improvement in the survival rates in cases of cardiac arrest. Since the development of the Community First Responder Programme throughout Ireland, members now provide a vital support to their communities in many different situations. They are able to provide emergency medical care for a wide range of incidents as well as providing support and reassurance to patients and their families following a medical emergency.

Donations to support the program are welcome and can be transferred or lodged into our Bank of Ireland account:

**Sneem First Responder Programme, Branch code: 905731 Account: 88539210**

## Free Training:

Anyone who wants to help their community can become a Community First Responder. No previous medical experience or training is necessary although you will obviously need a caring attitude and be able to cope with potentially distressing situations.

Community First Responders are trained in Cardiopulmonary resuscitation (CPR), the use of Automatic External Defibrillators (AED's), and Oxygen Therapy. This initial training is provided by qualified instructors from the Ambulance Service and local qualified instructors. It takes place over weekends or evenings. Certificates will be

issued after completion of the course. All participants are assessed throughout the course and will sit a short test before being able to act as a Responder. Once qualified, Community Responders continue training and are required to re-qualify every 3-6 months.

**Anyone who does not wish to become a First Responder, but still want to take part in the course is also welcome,** and invited to become a member of the programme. Being able to perform CPR and use an AED is a skill that can save lives.

**The Trevor Collins First Response Unit  
In Memory of Trevor Collins.  
7th August 1945-5th April 2008**

Trevor lived the last three years of his life in Sneem together with his partner Liz, and became a very respected and liked part of the Sneem Community.

Trevor's death was associated with heart disease. In Trevor's Memory his brother, Michael Collins, is providing the funding for two sets of top quality First Responder equipment and further support which will

give the programme a kick-start to be up and running in this summer.

The Unit shall be known as:

**TREVOR COLLINS  
FIRST RESPONSE UNITS**

We would like to thank Michael and his family for this generosity!

## Why Membership?

By becoming a Member you demonstrate your support and your understanding of the importance of a Community First Responder Programme. There are no obligations connected to the general membership. By increasing the number of members we can increase the level of official awareness and support for the project. Members also receive updates about the Project and notification about upcoming courses and events. If you would like to support the project you can download the Membership form:

[www.sneem.com/firstresponder](http://www.sneem.com/firstresponder)

Print it several times and give it to your friends. Tell them about the project and ask them to become members.

You can hand the completed forms to Garbhan in D. O'Sheas Bar in Sneem or post them to:  
Sneem First Responder Programme,  
Sigi Muller, Killarney road,  
Sneem, Co Kerry

You can also fill out the form on your computer and email it back to:  
[firstresponder@sneem.com](mailto:firstresponder@sneem.com)