**CEX COFFS CAR CLUB EMERGENCY PROCEDURE**

**SELF TRAINING MODULE FOR ALL MEMBERS**

The car club emergency procedures have been restructured and reduced to one page. Six important “Need to Know” topics have been selected and are supported by six short training videos.

As with all activities in the car club, participation is not compulsory, however this new procedure will provide those club members wishing to improve and retain their knowledge of the emergency procedures, with ready access to a user-friendly self-training module.

The procedure can be accessed either from the C**ar Club Newsletter or Car Club Website** by selecting the Emergency Procedure page. Highlight the link, then right click on it which will open the menu, then select open hyperlink.

Regular follow up by Committee, including feedback from participants, will be conducted at monthly club meetings.

**KNOW THE DOCTORS ABCD ACTION PLAN "DRSABCD"**

St John Ambulance Video – Duration 3 Minutes

<https://www.youtube.com/watch?v=yBDk_dlzvaQ>

**KNOW YOUR CLUB EQUIPMENT – CUSTODIAN, LOCATION AND OPERATION**

AED Authority Video – Duration 5 minutes

<https://www.youtube.com/watch?v=o-uHeD4Icq0>

**KNOW HOW TO DO CPR**

Victor Chan Video – Duration 4 minutes

<https://www.youtube.com/watch?v=Plse2FOkV4Q>

**KNOW CORRECT CHEST COMPRESSIONS - BEATY METRODOME**

Medical Feedback Technologies – Duration 3 minutes

<https://www.youtube.com/watch?v=Ntm4b4TCz50>

**KNOW HOW TO OPERATE THE DEFIBRILLATOR**

Victor Chan Video – Duration 2 minutes

<https://www.youtube.com/watch?v=2PJR0JyLPZY>

**KNOW HOW TO DOWNLOAD THE EMERGENCY PLUS APP**

First Aid Accident and Emergency Video – Duration 2 Minutes

<https://www.youtube.com/watch?v=p3WI27nxJ-c>

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