

# 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 from the [Car Club Newsletter or the Car Club Website](#). This page will be published in all editions of Idle Torque and to access from the website simply open page 3 “Emergency Procedures” and click on the icon.

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](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>