You can be a LIFESAVER

The ‘I’m a lifesaver’ badge has been designed to raise funds to install a Public Access Defibrillator at the Hertfordshire Guide Centre, Cottered. We need to raise around £1,500 for this to happen, as well as any ongoing costs. You could use it as a reason to hold an Emergency Life Support ‘Heartstart Session’ in your unit meeting. Badges cost £1 each and can be ordered by using the order form below.

Defibrillators are safe and easy to use, giving clear spoken instructions. Use of a Defibrillator alongside CPR increases the chance of survival if someone’s heart has stopped.

If you would like to campaign for a Defibrillator at your local centre contact the Ambulance service who can assist and advise you.

Here are some ideas of how to use the badge in your unit:

- Know how and when to call for an ambulance
- Attend a 1st Aid course if possible, then share what you learnt with others

You can also check out websites and apps with basic 1st Aid knowledge, and show it to others, such as:

- Red Cross mobile app: [http://www.redcross.org.uk/What-we-do/First-aid/Mobile-app](http://www.redcross.org.uk/What-we-do/First-aid/Mobile-app)
- St John’s Ambulance: [www.sja.org.uk](http://www.sja.org.uk) › Home › First aid advice
- British Heart Foundation: [www.bhf.org.uk](http://www.bhf.org.uk)
- Practice your skills in the Lifesaver game at [https://www.resus.org.uk/apps/lifesaver/](https://www.resus.org.uk/apps/lifesaver/)
I’M A LIFESAVER Badge
Order Form

Badges cost £1 each plus packing and postage. Please include payment with this form.

Name: ___________________________
Unit: ___________________________

Address to send badges to:
_________________________________________________________
_________________________________________________________
_________________________________________________________

Telephone or e-mail: ___________________________

Number of badges required: ___________

Postage and packaging is £2.50

Total Cost = number of badges x £1.00 + £2.50 = ___________

Cheques should be made payable to 1st Radlett Guides

Please send your payment and completed form to:

Verity Maclachlan
46 Loom Lane,
Radlett,
Herts
WD7 8PA

Thank you for your support.

For 1st aid enquiries contact verity.guides@gmail.com