



Cambridge Universities First Aid Society

Cambridge Universities First Aid Society is a student society open to members from Cambridge University and Anglia Ruskin University. During term time we organise regular weekly meetings, which include presentations, first aid training and talks from healthcare professionals. We also run a number of diverse social events for our members, such as pub crawls and bowling trips.

CUFAS is affiliated with the St John Ambulance Cambridge Universities Unit – giving opportunities for more formal training so you can volunteer your time and first aid skills at events: from sports matches and balls to big events like Wimbledon and the London marathon. Recently there have also been opportunities to volunteer at local hospitals, such as Addenbrookes.

Taster Session: Thursday 8th October 7:30pm-9:00pm

Tune into our taster session on Microsoft Teams to get to know who we are and what we do! Join in with interactive online activities, meet new people and ask any questions you may have about CUFAS or St John Ambulance.

Week 1 – Restart a Heart: Tuesday 13th October 7:30pm-9:00pm

You come across someone collapsed. Is it serious? What should you do? In line with the national Restart a Heart campaign, our first online talk will cover how to check if someone is breathing, and what to do if they aren't, including CPR and the use of a defibrillator. Those who have never done first aid before and those who want a refresher are equally welcome. We'll also cover first aid you're most likely to need to know as a student, including dealing with cuts, intoxication and recognising the symptoms of meningitis.

Week 2 – Secondary Survey: Tuesday 20th October 7:30pm-9:00pm

Another week, another collapse. You've checked that they're breathing. What next? We'll cover the fundamentals of how to assess a patient, and discuss what questions you should ask someone when you aren't sure what is causing their symptoms. To finish it off, we'll do some mini online scenarios to practice your new (or refreshed!) skills.

All talks will be held on Microsoft Teams and are open to all. Further sessions will run weekly during term time on Tuesdays 7:30pm-9:30pm. If you have any questions, drop a line to committee at firstaid-committee@srcf.ucam.org