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West London Coroner's Office  
25 Bagley's Lane  
Fulham  
SW6 2QA

10<sup>th</sup> June 2026

Dear Mr Sinclair

Regulation 28 Report to PFD – Adam Ankers

I am the Medical Director of St John Ambulance and a Consultant Physician at Portsmouth University Trust working in Acute Medicine. I am writing on behalf of St John Ambulance in response to the Prevention of Future Deaths Notice Regulation 28, Mr Adam Maurice Ankers. St John Ambulance is a charity whose purpose is to put the power of first aid into everybody's hands so that we are all closer to help in an emergency. The organisation delivers commercial training courses in a wide range of courses but relevant courses in relation to this case are the First Aid at Work Course and the Emergency First Aid at Work Course which are Health and Safety Executive approved. In addition to the commercial training all our clinical volunteers are trained in CPR. There is also a large youth programme and our cadets and badgers are trained to respond in an emergency.

Our community programmes include free training via 3 ways to save a life. The 3 ways to save a life:

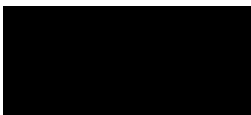
1. recognising cardiac arrest and performing CPR and how to use a defibrillator,
2. relieving choking
3. plugging a wound and use of tourniquet if required.

Last year the organisation trained 427,677 people in CPR. In our strategy we are aiming to train 800,000 people a year in first aid, with at least 85% feeling confident to use their skills.

Part of the training for all undertaking CPR is about agonal breathing. We train people to commence CPR if someone is unresponsive and not breathing normally. Recent changes to national guidance are being brought into training, which is the change that if someone collapses during exercise and is unresponsive CPR commenced immediately.

Everyone is trained in how to use an AED and training- AEDs are included in the training programmes. St John Ambulance has also introduced AEDs that can be pre-programmed in up to 3 languages which it is believed will help address some of the health inequalities that are evident in the data regarding out of hospital cardiac arrest.

Yours Sincerely



 Medical Director

**On Behalf of St John Ambulance**