

November 2021

Defibrillator Guidance

If you come across someone who is unconscious, unresponsive, not breathing or not breathing normally, they're in cardiac arrest.

The most important thing is to call 999 and start CPR (cardiopulmonary resuscitation) to keep the blood flowing to the brain and around the body. After a cardiac arrest, every minute without CPR and defibrillation reduces someone's chance of survival by 10 per cent.

If you're on your own, don't interrupt the CPR to go and get a defibrillator. If it's possible, send someone else to fetch one. When you call 999, the operator can tell you if there's a public access defibrillator nearby and what the access code to its cabinet is.

In Kingston Seymour, we have a defibrillator outside the Village Hall

To use the defibrillator, follow these simple steps:

- Step 1: Turn the defibrillator on by pressing the green button and follow its instructions.
- Step 2: Peel off the sticky pads and attach them to the patient's skin, one on each side of the chest, as shown in the picture on the defibrillator.
- Step 3: Once the pads have been attached, stop CPR and don't touch the patient. The defibrillator will then analyse the patient's heart rhythm.
- Step 4: The defibrillator will assess whether a shock is needed and if so, it will tell you to press the shock button. An automatic defibrillator will shock the patient without prompt. Do not touch the patient while they are being shocked.
- Step 5: The defibrillator will tell you when the shock has been delivered and whether you need to continue CPR.
- Step 6: Continue with chest compressions and rescue breaths until the patient shows signs of life or the defibrillator tells you to stop so it can analyse the heartbeat again.

To increase your confidence in using a defib, please watch this 3-minute video on You Tube

<https://youtu.be/O6drnMno9nY>