

AED



What is a Cardiac Arrest?

Cardiac arrest is an **electrical malfunction** in the heart that causes a sudden loss of heart function, stopping the heart pumping blood around the body. It requires immediate intervention to prevent death.

Symptoms

- Sudden Collapse
- Unconscious

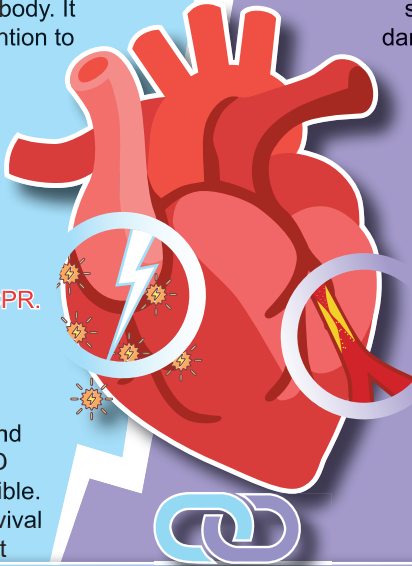
AND

- Not Breathing

Symptoms are Immediate.
Death without immediate CPR.

What to Do

Call **999** and begin **CPR** immediately. If you can, send someone to collect the AED and use it as soon as possible. There is a 10% drop in survival rates with *every minute* that passes so act quickly!



What is a Heart Attack?

A heart attack occurs when a **blocked artery** stops blood flowing to the heart. Without oxygen, the affected heart muscle starts to die, and the severity of damage increases rapidly without immediate treatment.

Symptoms

- Chest pain or discomfort
 - Shortness of breath
 - Sweating or Nausea
 - Pain that spreads to the arm, neck, or jaw
- Symptoms develop over hours, days or weeks.

What to Do

Even if you are not completely sure that it is a heart attack, **call 999 immediately**. Stop all activity and rest while you wait for the ambulance to arrive.

What is the Link?

A Heart Attack doesn't always lead to a Cardiac Arrest, but it significantly raises the risk, especially if damage to the heart muscle is extensive.

New Automated External Defibrillator (AED)

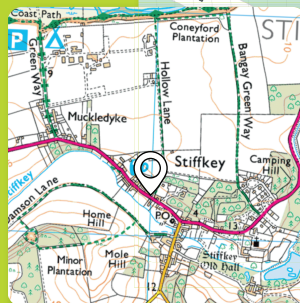


Location

The new AED is located in the old red telephone box at the junction between Hollow Lane and the A149. It is available 24 hours a day, 7 days a week.

To access it, **use the code** given to you by the Ambulance service when you **call 999**.

///shrimps.trombone.sparks



CPR



1 CHECK - for consciousness and normal breathing

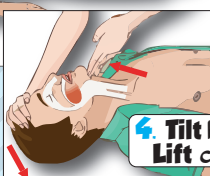
1. Gently **shake** the patient, and gently **pinch** the patient's **clavicle** to check for response...



2. **Look** for chest rise & fall...
Listen for breathing...
Feel for breath...



3. **Clear** any obstructions in mouth...



4. **Tilt** head
Lift chin



Ambulance

Unconscious

Not Breathing

Cardiac Arrest

Exact Location

AED Cabinet ENTRY-Code?

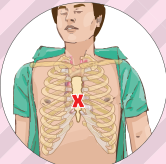
Note the Entry Code for the AED!

5. Send **someone else** for the AED!



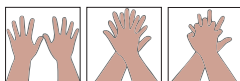
3 NOT BREATHING and UNCONSCIOUS - Begin CPR !!

The **Optimum** location **X** for compression is the lower half of the sternum, directly between the nipples...



1. Ensure the patient is on a **Firm** surface...

2. **Clasp** your hands together...



3. Place the **Heel** of your hand in the centre of the patient's chest...

4. Keep your **Shoulders** over the patients chest...



5. Keep your arms **Straight** and **Lock** your elbows...

6. **Press** down **Hard** to a **Depth** of **5-6cm**... (see the scale below right...)



7. **Release** the pressure and allow the chest to come back up - **Do Not** bounce...



8 **Repeat** at a rate of **100-120** compressions **per Minute**...

Do not Stop until **consciousness** is regained !

4 AED - Turn on the AED and follow the instructions that it gives you ! It is **ESSENTIAL** that CPR continues !

1. **Continue CPR !**

2. **Remove** shirt, bra and any metal jewellery...

3. Fully **Expose** chest and shoulders...

4. **Shave** and **Dry** chest if necessary...

Follow AED voice Prompts !

5 **Attach** the **pads** while CPR continues...

6. Stop CPR and **Stay clear** when instructed to by the AED...

Stand clear!
Analysing Rhythm...

7. **Continue CPR !**

