

DEFIBRILLATOR GUIDANCE

First Aid if someone stops breathing

Defibrillators are extremely valuable when CPR needs to be undertaken if someone has stopped breathing. If this happens, dial 999 immediately (or text if the signal is poor) and undertake CPR non-stop until a professional medic arrives whilst someone else, whenever feasible, sources a defib.

Speed is essential as without CPR and defibrillation the chance of survival is reduced by 10% per minute. Although defibs are not usually located in remote areas, we are often in urban areas or villages. They do not need experience to operate them - the user is talked through what to do. For more information view the British Heart Foundation website YouTube video <https://www.youtube.com/watch?v=8A0kljQU48U>

If a defib is not available, ***it is essential to continue CPR non-stop until the casualty recommences breathing or professional assistance arrives.***

How to locate a defibrillator using a smartphone

If you have an internet signal and a smartphone, the website www.defibfinder.uk will list the nearest 10 defibs. Please enter this address in your mobile phone Contacts for possible use in any such circumstances.

Once a location's name or post code is entered a map shows where the 10 nearest defibs are, the travel time and distance and whether public i.e. available 24/7 or if in private premises, in which case the times of access are shown.