

CARDIAC ARREST

Read this before it happens!



If someone is having a cardiac arrest (unconscious and **NOT** breathing normally) **Call 999. Start CPR.** (chest compressions and rescue breaths). Ask for the defibrillator access code.

There are two defibrillators in Brading. One on the wall of the Brading Centre facing West Street and one on the South Wall of the Bugle Inn (facing the car park.) Send the youngest or fittest person present to fetch the machine or call someone to fetch it to you as soon as possible. If there is nobody to go, tell the ambulance controller.

Defibrillators are very easy to use. Although they don't all look the same, they all function in broadly the same way. You don't need training to use one. The machine gives clear spoken instructions – all you have to do is follow them - and it won't shock someone unless they need it.

Step 1: Turn the defibrillator on by pressing the green button and follow its spoken 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.

REPORT WHAT YOU HAVE DONE TO THE AMBULANCE CREW