



HOW TO USE A DEFIBRILLATOR

Defibrillators give a high energy electric shock to the heart of someone who has suffered a cardiac arrest to restore the heart's normal rhythm. Combined with CPR, defibrillators give patients the greatest chance of survival. It is best if someone starts CPR while another person calls 999 and gets a defibrillator.

1

SEND SOMEONE TO GET A DEFIBRILLATOR

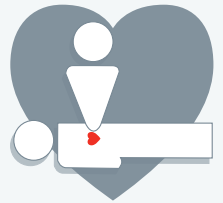
There may be a defibrillator where you are, or the ambulance service will tell you if there is one nearby.



2

KEEP CPR GOING

It is better if someone is doing hands-only CPR while the defibrillator is prepared.



3

SWITCH THE DEFIBRILLATOR ON

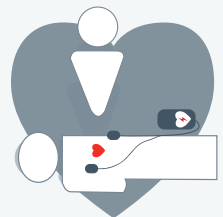
Defibrillators are simple to use so the 'on' button should be easy to find. Some will turn on as you open them up.



4

ATTACH PADS TO THE CHEST

The pads must be attached to the patient's bare chest. Instructions on the pads will tell you where to stick them. One goes on the patient's upper right side of the chest, the other on the left side.



5

FOLLOW THE INSTRUCTIONS

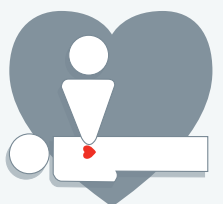
The defibrillator will analyse the patient's heart rhythm every two minutes to decide whether it needs to give a shock. If a shock is advised, you will be instructed to press the 'shock' button but make sure there is nobody touching the patient when you do this.



6

CONTINUE CPR

As soon as you have shocked the patient, continue doing CPR. If the defibrillator does not recommend a shock, then continue CPR until the defibrillator is ready to analyse again.



7

KEEP GOING

Continue with this process until professional help arrives or the person starts to regain consciousness.

