

Restart a Heart education resource

Do you know where your nearest defibrillator is?

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 cardiac arrest patients the best possible chance of survival.

The devices are easy to use, provide audible instructions to the user and will not deliver a shock unless it is required. No training is required to use the equipment.

The location of defibrillators - often in yellow or green cabinets in public spaces - can sometimes be marked with a white heart on a green background, or they could just be mounted on a wall behind a bar, in gyms, leisure centres, offices, tourist information centres, schools, colleges, railway stations, restaurants - anywhere at all.

If someone has suffered a cardiac arrest and you need a defibrillator, staff in our Emergency Operations Centre can direct 999 callers to their nearest device and provide a code to the secure cabinet it's contained in if necessary.

Does your school have a defibrillator? If so, do your students know where they are?

For homework, task your students to look for defibrillators in their local community whilst out and about and note their locations. These could then be added to a map in class for students to see where the local life-saving devices are situated.

A website exists that maps all registered defibrillators – does your map match the online map at www.defibfinder.uk?

If you have a defibrillator, please make sure it is registered on The Circuit, the national defibrillator database at www.thecircuit.uk.

