

STOKE D'ABERNON DEFIBRILLATOR

**VERY IMPORTANT – PLEASE READ & KEEP THIS
IT MAY SAVE A LIFE**

If someone collapses in your home would you know what to do?

If someone collapses and cannot be roused, they may have suffered a **sudden cardiac arrest** (SCA). An SCA is an electrical malfunction of the heart causing the heart to stop pumping. There are many reasons for SCA, not just heart attacks, but in all cases what is needed is a **very fast response**, because for every minute that passes the chance of survival drops by more than 20%.

Stoke D'Abernon residents now have a community public access defibrillator (CPAD) located in a secure yellow **cabinet outside the Post Office Shop in Station Road**, funded by local donations and organised by the Stoke D'Abernon and District Residents' Association.

What should YOU do? On the reverse page there are instructions YOU MUST FOLLOW should you face an emergency situation

Follow the **D-R-S-A-B-C-D** steps overleaf



DIAL 999 FIRST

and then dial 01932 300 380

to activate the Village Emergency Telephone System (VETS)



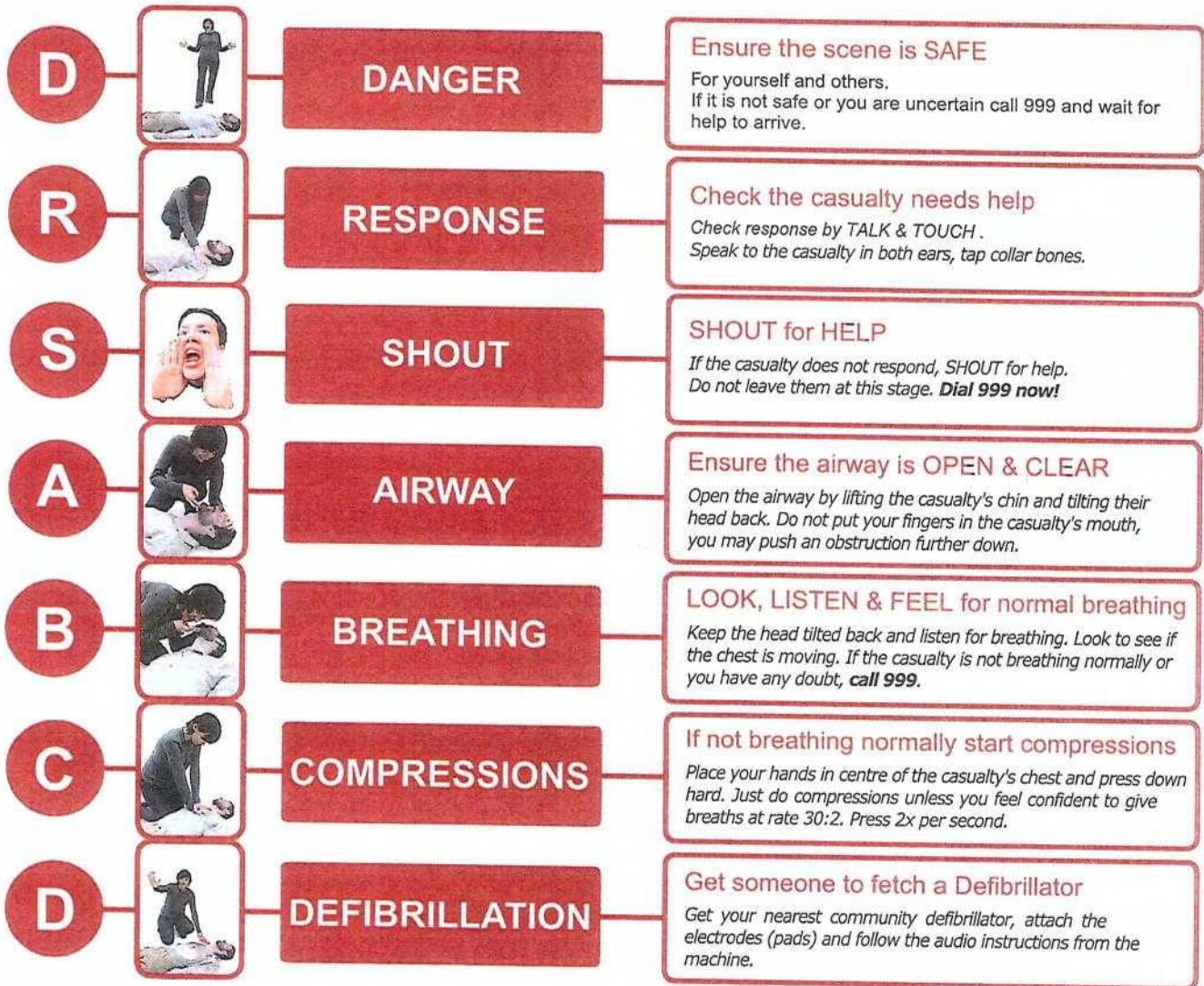
By calling VETS you will be ringing the phones of ten local residents who have volunteered to be CPAD Helpers. One of these Helpers* will answer the VETS call and their phone will then be directly connected to yours. You can **tell them where you are and they will collect the defibrillator, bring it to your location** and carry out de-fibrillation if necessary.

How do YOU prepare for dealing with a cardiac arrest emergency?

- Learn how to carry out CPR chest compressions
- Ask neighbours to help each other in an emergency
- Keep this leaflet safe and easily accessible in the future
- Keep the VETS number **01932 300 380** in your mobile & written next to your landline phone

* VETS Helpers are volunteers who provide a 'best endeavours' response, there is no guarantee that a Helper will always be available to respond Stoke D'Abernon & District Residents' Association. www.stokedabernon-residents.org.uk

If someone collapses, follow these instructions



ADDITIONAL COMPRESSION/BREATHING INFORMATION

- ♥ If you are unable or unwilling to give rescue breaths just do the compressions continuously.
- ♥ Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths.
- ♥ Repeat 30 compressions and 2 breaths sequence.
- ♥ Continue until help arrives, you are too tired to continue, or the casualty starts breathing normally again.

FOR AN ADULT USE 2 HANDS & COMPRESS 5-6 cm
FOR A CHILD USE 1 HAND & COMPRESS 1/3 CHEST DEPTH
FOR AN INFANT USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH



Augmented reality – if you would like to see some videos on how to do chest compressions and how to use a defibrillator, use your smart phone to scan these QR codes.

Community Heartbeat Trust



CPR



Defibrillator

