

Public Access Defibrillator awareness & usage notes.



It is important to remember that your safety is the top priority at any incident you are involved in. If you follow these steps, they will guide you as to what you need to do.

1 **D** Check for **DANGER** to you and to the casualty. Is it safe for you to approach the incident? If not, stay back, call 999 and keep yourself and others safe.

2 **R** If you think it is safe, check to see if they **respond** to you. Tell them to open their eyes, squeeze a finger nail & tap their shoulders.

3 Shout for help or call 999 – get help coming to you.

4 **A** With the casualty flat on their back, look in the mouth of the casualty for anything that should not be there, i.e. sweets, food, loose false teeth, vomit etc. Remove anything that shouldn't be there. Tilt the head back as this will move the tongue away from the back of the throat and clear their **airway**.

5 **B** Next is to see if they are **breathing** normally. Place your ears next to the casualty's mouth and look down their chest. Listen for 10 seconds. You need to hear at least 2 good breaths. If you do not, the casualty is assumed to be in cardiac arrest. Start CPR and send someone to get the AED.

One person needs to start chest compressions immediately while another person gets the access code from the 999 operator and goes off to collect the AED. Compress the chest twice a second and to 5-6cm deep. When the AED arrives, make sure there is no water around (puddles etc), turn it on by pressing the green button and follow its spoken instructions. It will decide if the casualty needs a shock, not you, so you can't deliver it incorrectly. Make sure no one is touching the casualty when the AED analyses the patient and gives a shock.



Remember, you must only use the AED on someone who does not respond to you AND who is not breathing normally. You can only get the access code when you call 999.