

# Defibrillators Save Lives

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In the UK, there are 60,000 cardiac arrests per year in the community. Half are witnessed, often by family and friends, and treatment by emergency medical services becomes possible

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To improve the survival rates of someone suffering a cardiac arrest, Leicester City Council is installing AEDs on parks and open spaces

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When someone suffers sudden cardiac arrest, defibrillation together with CPR (Cardiopulmonary Resuscitation) is the only way to re-establish the heart's natural rhythm

## WHAT IS AN AED? (AUTOMATED EXTERNAL DEFIBRILLATOR)

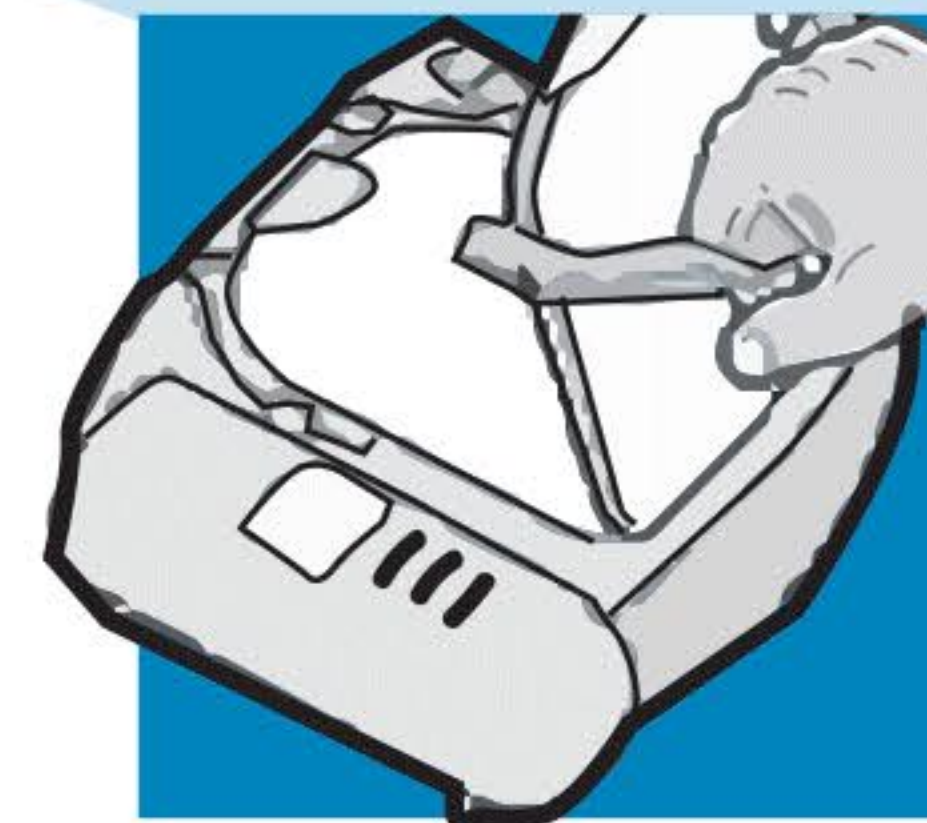
A defibrillator (AED) is a small, portable device that analyses the heart's rhythm and prompts the user to deliver a shock only if it is needed. Once activated, the AED guides the user through each step of the defibrillation process by providing voice and/or visual prompts.

When a heart fails you can't afford to do the same - You are in the park and someone collapses and is unconscious and not breathing. You are aware that there's a public access defibrillator close by in the park.

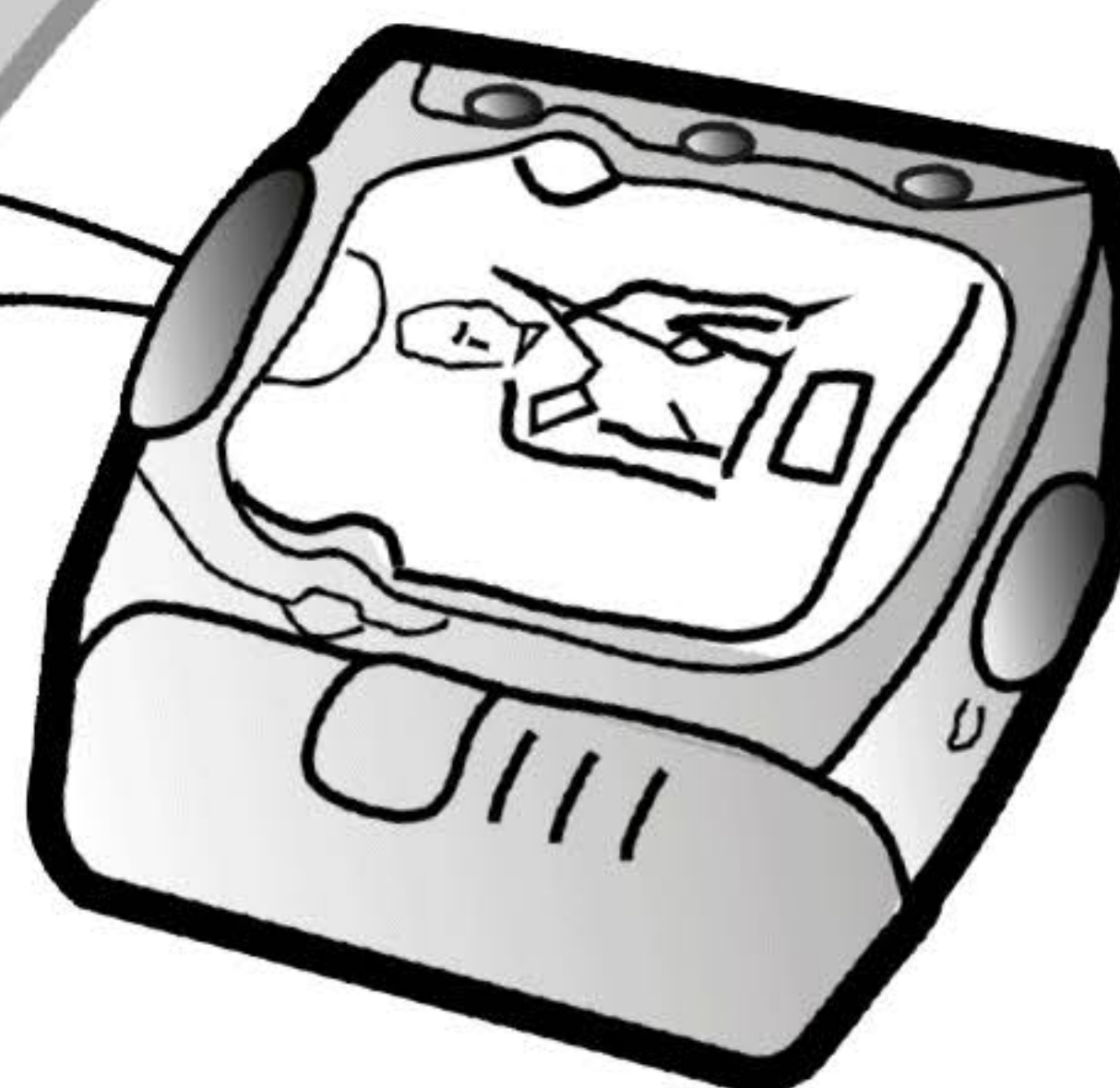
## AED STEPS TO SURVIVAL



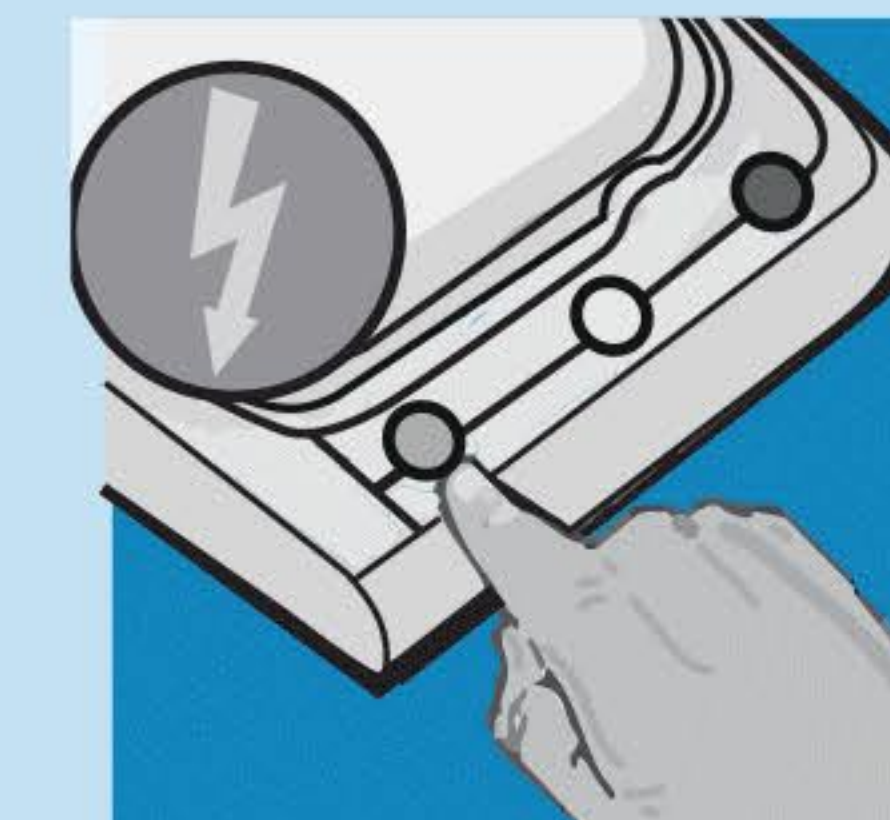
**A** Call 999 and ask someone to do CPR chest compressions. The emergency services will give you the access code to the defibrillator box.



**B** Turn on the AED and follow the visual/audio prompts.



**C** Attach the AED pads to the chest according to the diagram on the machine. Make sure no one is touching the victim and stand clear.



**D** Push the analyse button.

**E**



After the shock, continue CPR until signs of life. If there is signs of breathing monitor for any changes in condition whilst the emergency services arrive.



In the UK, less than 10% of victims survive out of hospital

It can strike without any warning; killing 250 people a day in the UK

It can happen to anyone even seemingly fit and healthy young people

REMEMBER USING AN AED CAN DO NO HARM, AND WON'T MAKE THINGS WORSE