

HOW TO USE YOUR DEFIBRILLATOR

Effective preparation will ensure you act fast and deliver life saving treatment quickly and effectively to a patient of SCA. When responding to a SCA, locate the nearest defibrillator and bring it to the patient. The unit will prompt you throughout the full rescue, please stay calm and listen and respond to what the unit is asking you to do. You need to do the following:

1

ASSESS THE SCENE

Look to see if there is an immediate threat/hazard in the area, remove them before proceeding to the patient.

2

IS THE PATIENT RESPONSIVE?

You need to first check whether the patient is conscious; Simply ask the patient "Are you OK?"

3

GET HELP

Shout for help but do not leave the patient - get someone else to call 999 and fetch the defibrillator. If you are on your own dial 999 and put the call on loud speaker.

4

CHECK AIRWAY AND BREATHING

If the patient didn't respond to your question, open the airway by tilting the head and lifting the chin.

1. If the patient is breathing normally, wait for medical attention.
2. If the patient isn't breathing, inform 999 of a cardiac arrest and begin CPR.

5

CPR

Give 30 chest compressions followed by 2 rescue breaths

CHEST COMPRESSIONS

1. Place heel of hand over the other in centre of patients chest
2. Compress chest 30 times (5-7cm)

RESCUE BREATHS

Give 30 chest compressions followed by 2 rescue breaths

6

USING YOUR DEFIBRILLATOR

1. **Turn on the unit** - Press the green button to turn the unit on and then listen to it's prompts.
2. **Remove clothing from the patients chest** - The area from the neck to the waistline needs to be completely clear of clothing, necklaces, bras/under-wires.
3. **Take out and apply the pads** - peel the pads from the blue liner and apply them to the patients bare chest. There is a diagram on the pads and their packaging to show where they need to be applied.
4. **Analyse patient** - Clear the area and do not touch the patient. The Lifeline unit will analyse the patient and determine whether a shock is needed - if a shock is advised, stand clear and press shock button.
5. **CPR and repeat** - Immediately begin CPR. The built-in metronome will beep to help you keep the timing of your compressions. The unit will prompt you throughout the 2 minute cycle of CPR. After this time the unit will advise you to stand clear and will re-analyse. Continue this cycle of CPR and defibrillation until the ambulance arrive. The AED It will support you throughout this life saving process.