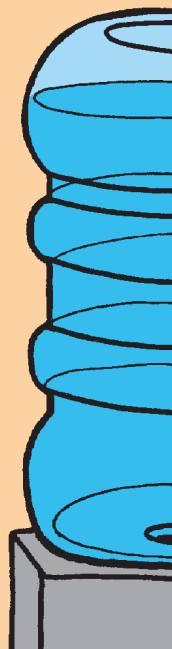
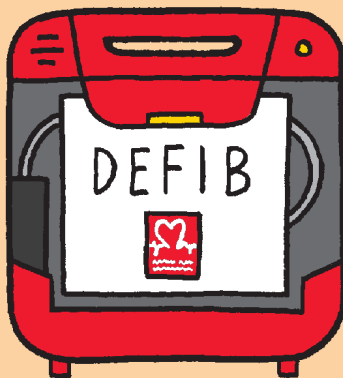


Hello.
I'm a Defib.



This little booklet will tell you all you need to know about me.

Defibs come in various shapes and sizes, but the information you'll read applies to any Defib machine. So if you're thinking of fitting one in your workplace or simply want to learn more about us, read on. Everything you need to know is here.

My background

- 3 What do I do?
- 5 How do I work?
- 6 What's a cardiac arrest?
- 9 What do I look like?
- 11 Are we all the same?

How to use me

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Training to use me

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- 25 Where should I be kept?
- 26 Will one of us be enough?
- 27 How do you check I'm working okay?
- 28 What else do you need to do?

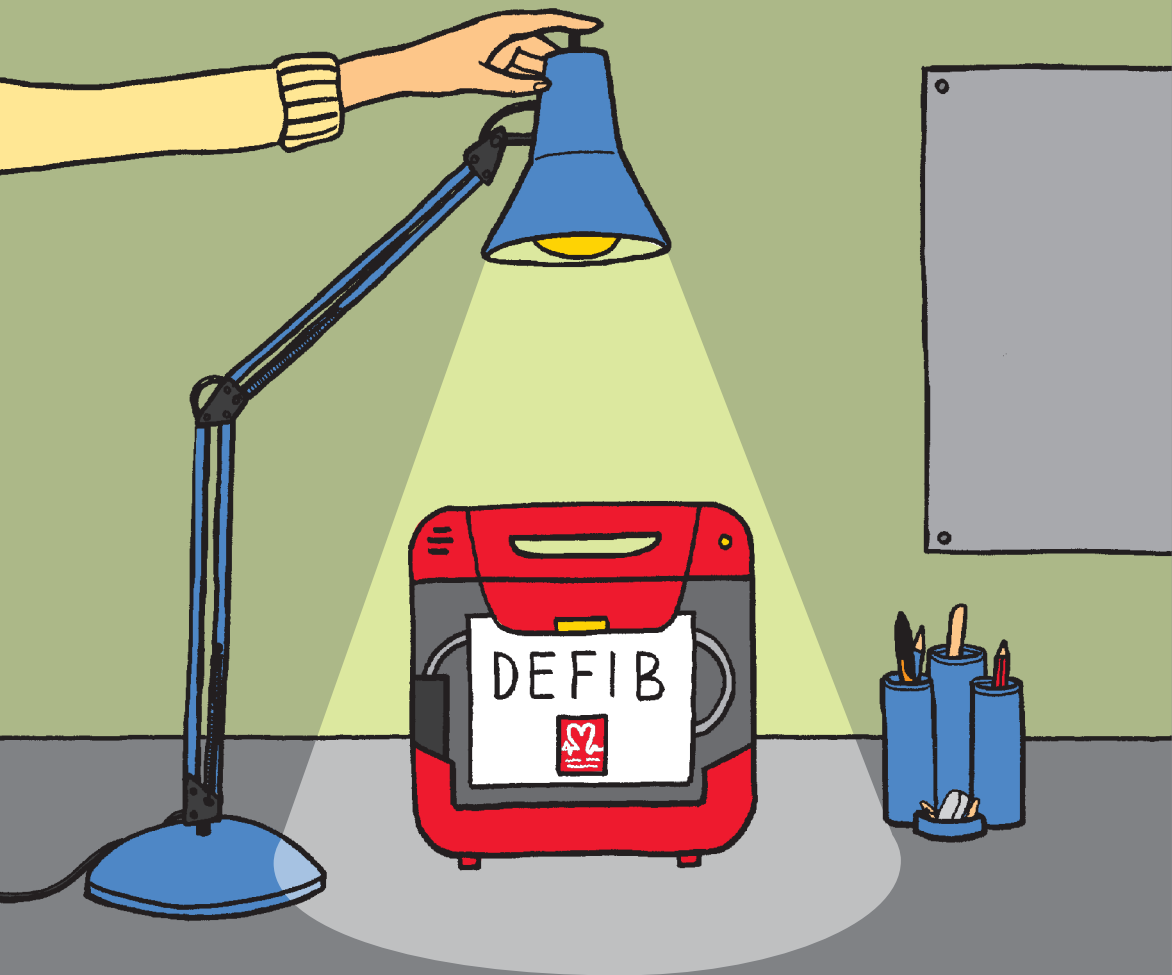
More about me

- 30 Finding out more
- 31 CPR and CFR explained
- 32 Local ambulance services
- 34 Other useful contacts
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What do I do?

Defib is short for Defibrillator. But think of me as a heart saver. If someone's having a cardiac arrest, I can get their heart pumping again. So get hold of me as soon as you can. Together we can save someone's life.



How do I work?

If someone has a cardiac arrest, their heart has stopped pumping blood around their body. It's my job to get the heart pumping once again, which I do by giving them an electrical shock. I'll need a little help from you too. But don't worry. It's as easy as turning on a light.

What's a cardiac arrest?

Many cardiac arrests happen because the person is having a heart attack. The heart attack may cause a dangerously fast heart rhythm, which can cause a cardiac arrest and be fatal.

If someone has a cardiac arrest, it's sometimes possible to shock the heart back into a normal heart rhythm by using me to give their heart an electrical shock.



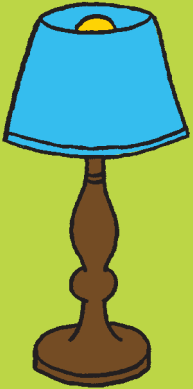
A



B



C

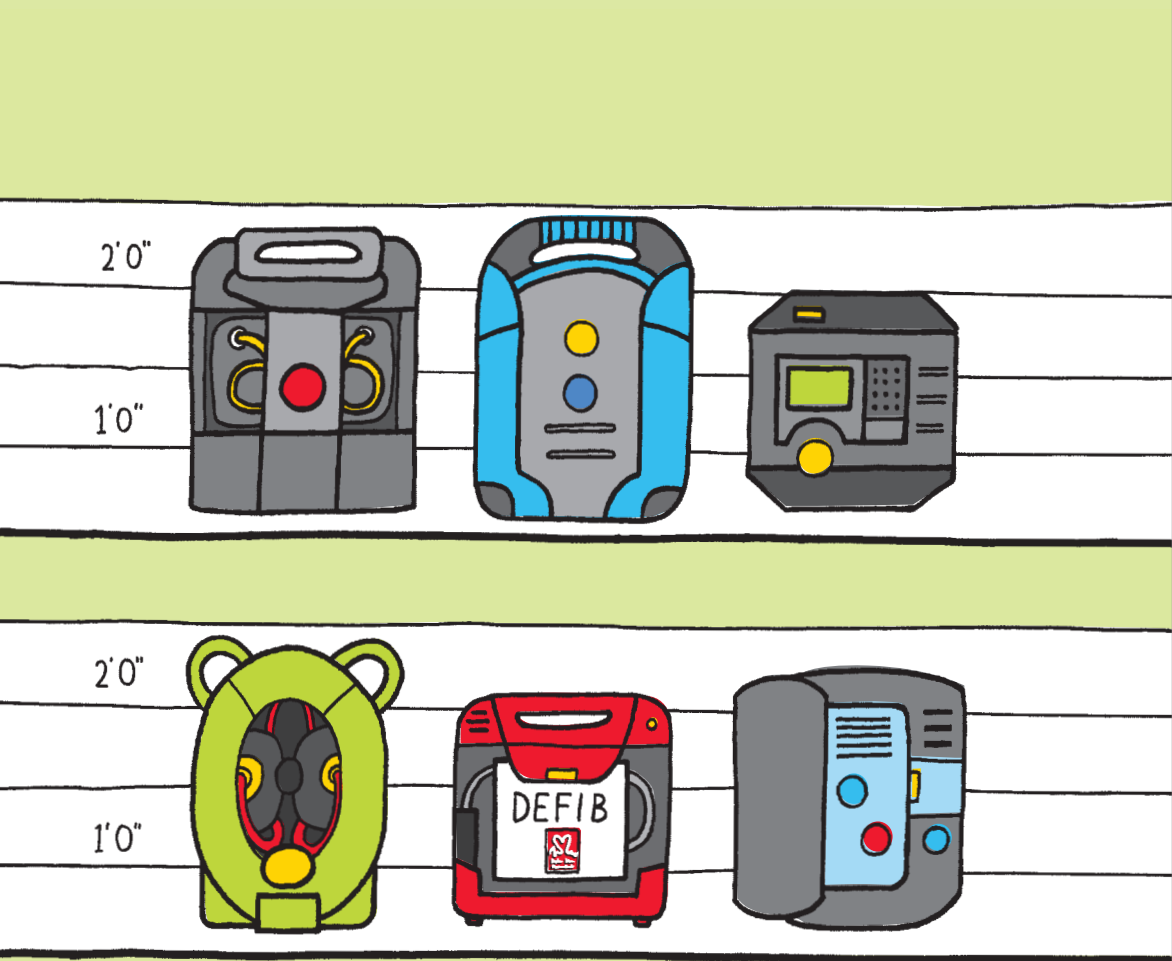


D



What do I look like?

Defibs are small, portable boxes about the size of a laptop. Inside we have two sticky electrode pads that you stick to the casualty's bare chest. All our pads and buttons are clearly marked.



Are we all the same?

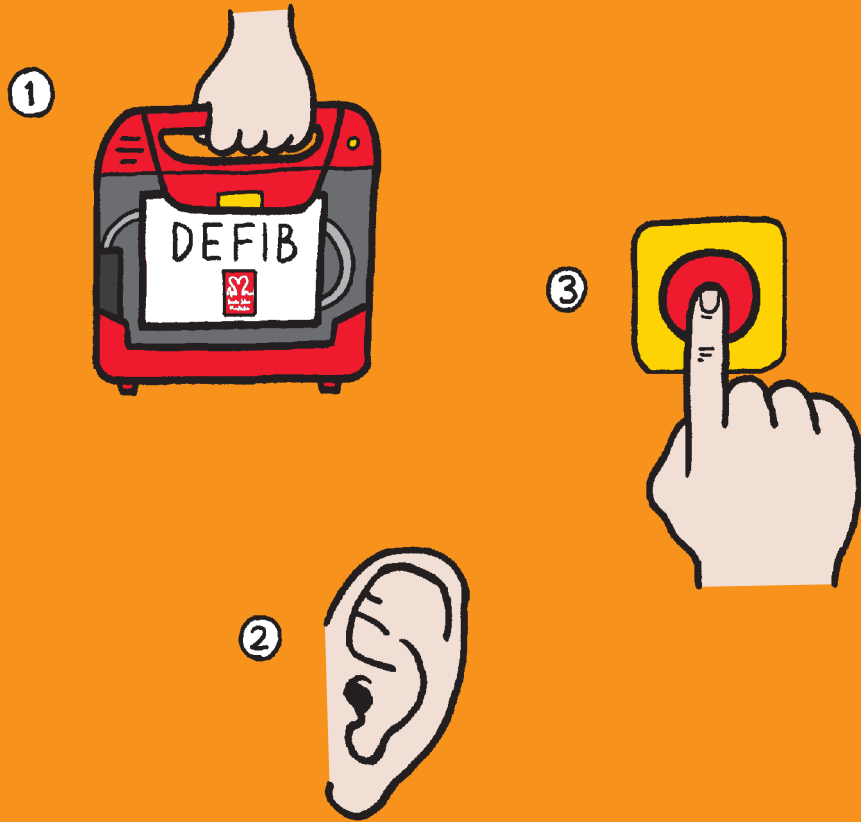
Not all Defib machines look the same, but we function in broadly the same way. We are semi-automated, so all you have to do is follow the spoken instructions. If I decide a shock will help the casualty, I'll tell you to press the button and give them a shock.



When am I used?

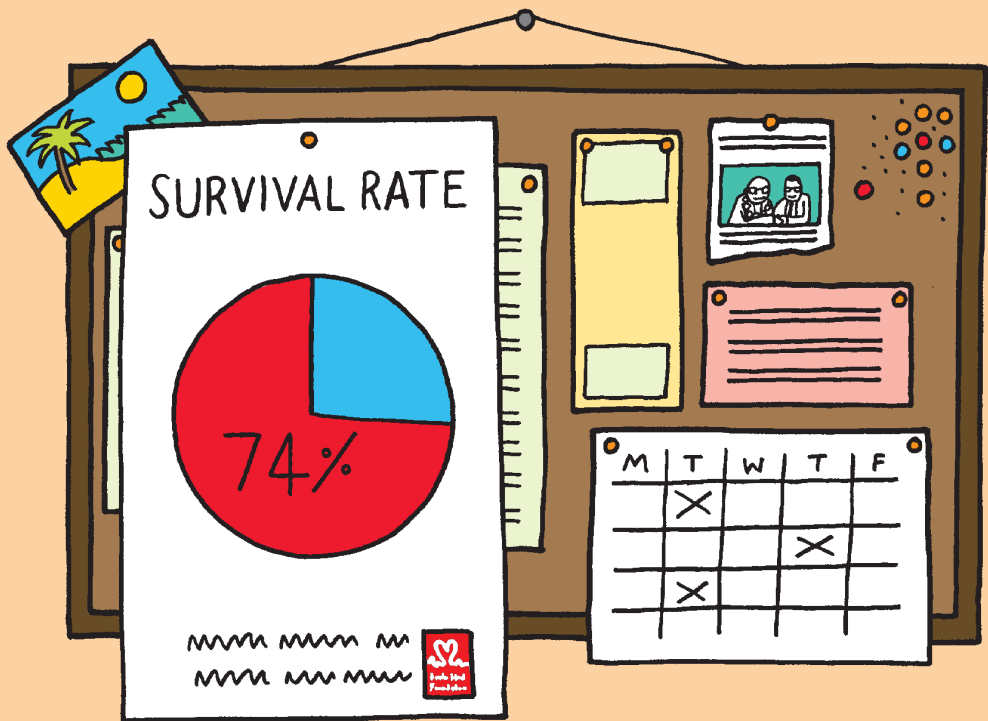
If someone has collapsed and isn't breathing normally, call 999 and ask someone to get hold of me immediately. Every minute that passes before I arrive reduces their chance of surviving by around 10%, so time is of the essence. Until I arrive, use hands-only CPR to get some oxygenated blood to the heart and brain (see p19). This makes it more likely that my shock will work.

For more information, go to resus.org.uk/pages/legal.htm



How am I used?

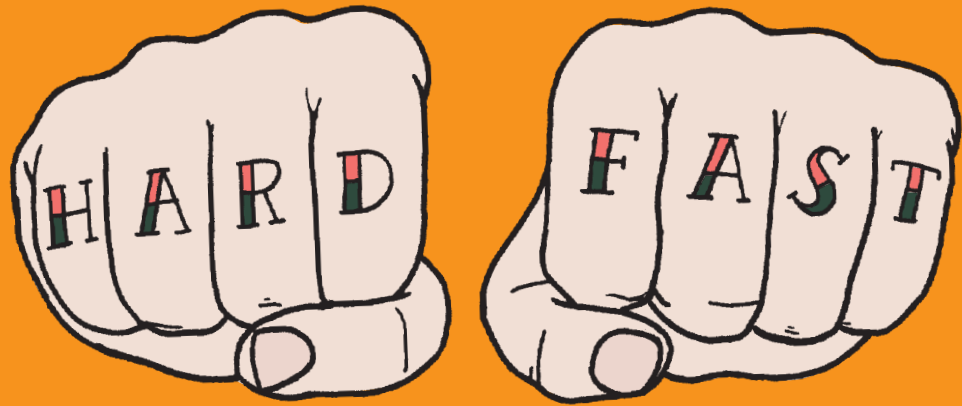
Today's Defib machines are built to be easy to use. We're safe, reliable and give spoken instructions that tell you exactly what you need to do. We even analyse the casualty's heart rhythm to decide if a shock is necessary or not. Just grab me and follow the voice instructions.



Do I really work?

The scientific evidence supporting Defibs is pretty overwhelming. Some areas with a dedicated Defib programme reported survival rates of up to 74%*, which is much higher than in areas without one.

*Nolan, J.P. et al (2010): European Resuscitation Council Guidelines for Resuscitation 2010 Section 3. The use of Automatic External Defibrillators. Resuscitation 2010;81:1219-76



Where does CPR come in?

Hands-only CPR is a skill that involves pressing hard and fast on someone's chest. If given just after someone goes into cardiac arrest, it can buy invaluable time before using a Defib and can more than double the chance of survival*. For more information visit bhf.org.uk/handsonly or resus.org.uk

*Koster R.W. et al. (2010): European Resuscitation Council Guidelines for Resuscitation 2010 Section 2. Adult basic life support and use of automated external defibrillators. Resuscitation 2010;81:1277-92

Do you need training to use me?

Defibs are designed to be easy to use and we give clear voice instructions to talk you through what you need to do. So if someone has a cardiac arrest, don't be scared to use me, even if you've had no training.



Is training useful though?

Though it isn't essential, training helps build confidence, and that helps people use me. Existing first aiders can take an extra course, but it's helpful if as many people as possible understand how I work. Training takes about 2 hours and you'll find a list of contacts at the back of this booklet.

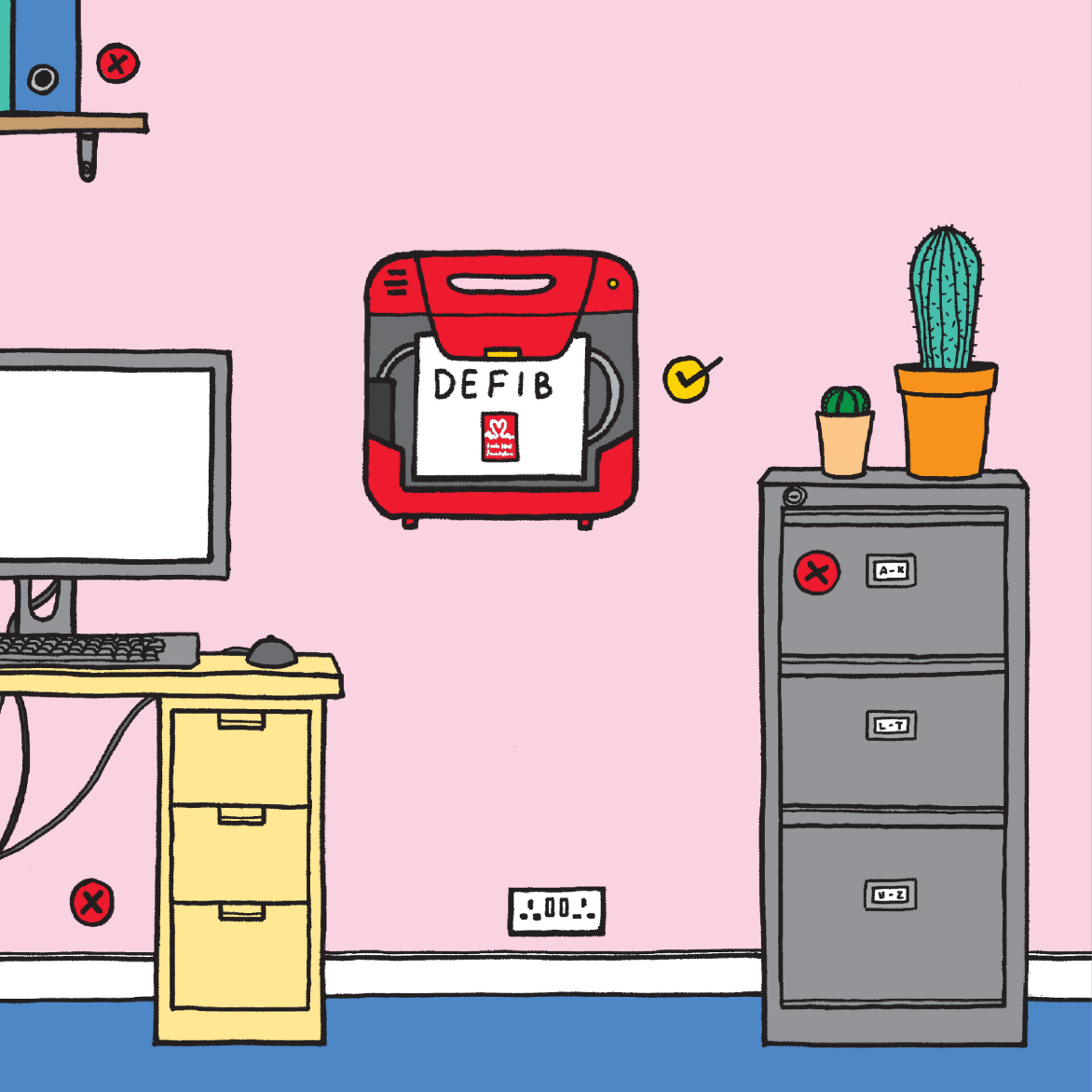
How do you get your hands on me for your workplace?

There are several Defib suppliers in the UK and we cost between £1,000 and £1,750. It would be a good idea to get a machine that's compatible with the ones used in local ambulances, so have a chat with your local NHS ambulance service and see what they recommend.

Who can give you advice?

Your local ambulance service know me better than anyone. They often have a member of staff dedicated to giving Defib and CPR training. Plus they can help you put processes in place to make sure I'm on the scene as quickly as possible in emergencies. You'll find contact details at the back of this booklet.





Where should I be kept?

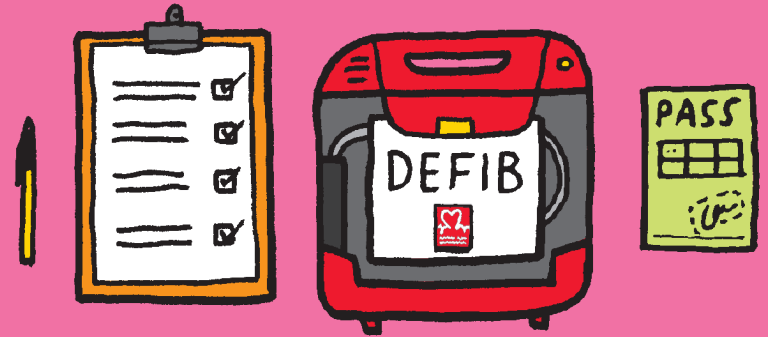
For every minute that passes without defibrillation, the chances of survival go down by around 10%. So keep me somewhere that's central, easy to see and easy to get to. And never keep me somewhere that's locked or that only a few people can access.

Will one of us be enough?

The best way to work this out is to get your local ambulance service to come and have a look around your workplace. They'll also advise you on where to put your Defibs, so you're making the most of us.

How do you check I'm working okay?

You need to put a system in place to make sure I'm regularly checked. Some Defibs have self test functions, but it's also a good idea to check my indicator light every week and my battery and pads every month.



What else do you need to do?

Once you've got me in your workplace, you need to let your ambulance service know I'm there. It could be important in an emergency.



You'll also need to tell your insurance company, so you're covered if I'm stolen or damaged. It's also recommended that you put a suitable clinical advisor in charge of my maintenance and training.

Such as:

- health and safety manager
- occupational health officer

Finding out more

You'll find lots more information at the BHF website where you can order helpful DVDs and look at a 3D view of how I work.

bhf.org.uk/defib

CPR and CFR explained

Community First Responder (CFR) – a volunteer who has received basic training from the ambulance service and responds to emergencies in their local area. Usually CFRs can attend a 999 call quicker than the ambulance service can get there.

Hands-only Cardiopulmonary Resuscitation (CPR) – the action of pushing hard and fast on the chest in order to keep some oxygenated blood pumping to the heart and brain.

Local ambulance services

To get the most out of your Defib, talk to your local ambulance service. Most have a Community Defibrillation Officer, First Responder Manager or Community Resuscitation Engagement Officer who can help you.

Their websites are full of useful information too.

East of England
East of England Ambulance Headquarter
Cambourne Building 1020
Cambourne Business Park
Cambourne
Cambs
CB23 6EB
E responderadmin
@eastamb.nhs.uk
T 0845 6013733 (9am-5pm)

East Midlands
East Midlands Ambulance Service NHS Trust
Trust Headquarters
1 Horizon Place
Mellors Way
Nottingham Business Park
Nottingham
NG8 6PY
T 0115 884 5000

Great Western
Head Office
Jenner House
Langley Park
Chippenham
SN15 1GG
T 01249 858 500

Isle of Wight
Communications
Department
IOW NHS Primary
Care Trust
St Mary's Hospital
Parkhurst Road
Newport
Isle of Wight
PO30 5TG
E general@iow.nhs.uk
T 01983 524081

London
London Ambulance Service Trust NHS
8-20 Pocock Street
London
SE1 0BW
E resustraining
@lond-amb.nhs.uk
T 0207 7783 2534

North East
North East Ambulance Service NHS Trust
Bernicia House
The Waterfront
Goldcrest Way
Newburn Riverside
Newcastle Upon Tyne
NE15 8NY
E firstresponder
@neas.nhs.uk
T 0191 430 2000

North West
North West Ambulance Service NHS Trust
Regional Headquarters
Ladybridge Hall
Chorley New Road
Bolton
BL1 5DD
T 01204 498400

Northern Ireland
N Ireland Ambulance Service HSC Trust
Knockbracken
Healthcare Park
Saintfield Road
Belfast
BT8 8SG
E first.response
@nias.hscni.net
T (028) 90400 999

Scotland
Scottish Ambulance Service - National Headquarters
Gyle Square
1 South Gyle Crescent
Edinburgh
EH12 9EB
T 0131 314 0000

South Central
South Central Ambulance Service NHS Foundation Trust
Units 7 And 8 Talisman Business Centre
Talisman Road
Bicester
Oxfordshire
OX26 6HR
E cfr@scas.nhs.uk
T 0800 587 0207

South East Coast
South East Coast Ambulance Service
Banstead HQ and EDC
The Horseshoe
Bolters Lane
Banstead
Surrey
SM7 2AS
E Kent.CFR
@secamb.nhs.uk
E Sussex.CFR
@secamb.nhs.uk
E Surrey.CFR
@secamb.nhs.uk
T 01737 353 333

South Western
South Western Ambulance Service NHS Trust
Unit 3 Abbey Court
Eagle Way
Sowton Industrial Estate
Exeter
EX2 7HY
T 01392 261 500

West Midlands
West Midlands Ambulance Service NHS Trust
Regional Ambulance Headquarters
Millennium Point
Waterfront Business Park
Waterfront Way
Brierley Hill
West Midlands
DY5 1LX
E enquiries@wmas.nhs.uk
T 01384 215555

Wales
Welsh Ambulance Service NHS Trust
Trust HQ
H.M. Stanley Hospital
St Asaph
Denbigshire
LL17 0RS
T 01745 532900

Yorkshire
Network Response Department
Yorkshire Ambulance Service HQ
Springhill
Brindley Way
Wakefield 41 Business Park
Wakefield
WF2 0XQ
E responders@yas.nhs.uk
T 0845 120 3155

Other useful contacts

Heartstart
bhf.org.uk/heartstart

Defib training
For contact details see
'Local ambulance services'
on the previous page.

St Andrew's Ambulance Association
St. Andrew's House
48 Milton Street
Glasgow
G4 0HR
T 0141 332 4031

St John Ambulance Service
27 St John's Lane
London
EC1M 4BU
T 0870 104950

British Red Cross
UK Office
44 Moorfields
London
EC2Y 9AL
E information@redcross.org
T 0844 871 1111

Or a private training
organisation that follows
the RCUK guidelines.

Here's an example of what a typical Event Report Form will look like.
You will need to fill this in each time you use me.

Resuscitation Council (UK)		EVENT REPORT FORM		This form should be completed in all cases when AED / defibrillator was used, regardless of whether shocks were given or not	
Date of incident (dd/mm/yyyy)	<input type="text"/>	<input type="text"/>	<input type="text"/>		
Organisation responsible for the defibrillator (e.g. Name of First Responder group, GP, Police Force etc.)	<input type="text"/>				
Sex (✓) Male <input type="checkbox"/> Female <input type="checkbox"/> Unknown <input type="checkbox"/>	Age	Years <input type="text"/>	Known <input type="checkbox"/>	Estimated <input type="checkbox"/>	Unknown <input type="checkbox"/>
Place of collapse Tick (✓) one box only:					
Airport <input type="checkbox"/>	Home <input type="checkbox"/>	Remote location <input type="checkbox"/>	Street <input type="checkbox"/>		
Bus station <input type="checkbox"/>	Leisure centre/ Gym <input type="checkbox"/>	Road Traffic Accident <input type="checkbox"/>	Unknown <input type="checkbox"/>		
Doctor's surgery <input type="checkbox"/>	Other location <input type="checkbox"/>	Shopping centre <input type="checkbox"/>	Underground railway <input type="checkbox"/>		
Exhibition/Conference <input type="checkbox"/>	Railway station <input type="checkbox"/>	Sporting event <input type="checkbox"/>	Workplace <input type="checkbox"/>		
Specific place or address of collapse (e.g. Luton Airport, Sports Centre Penarth Road Cardiff, etc.)	<input type="text"/>				
Was the collapse witnessed? (✓)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Unknown <input type="checkbox"/>		
If YES, please indicate by whom (✓)	Rescuer with defibrillator <input type="checkbox"/>		Other person <input type="checkbox"/>		
Was CPR started before the defibrillator arrived? (✓)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Unknown <input type="checkbox"/>		
What was the delay between the victim collapsing and the start of CPR?	<input type="text"/> Minutes	Measured <input type="checkbox"/>	Estimated <input type="checkbox"/>	Unknown <input type="checkbox"/>	
Time the event was notified to central ambulance control (where applicable)	<input type="text"/> Hours	<input type="text"/> Minutes			
Time delay between collapse and placing the electrodes on the victim's chest	<input type="text"/> Minutes	Measured <input type="checkbox"/>	Estimated <input type="checkbox"/>	Unknown <input type="checkbox"/>	
Was a shock given? (✓)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Unknown <input type="checkbox"/>		
If YES, what was the total number of shocks given before the ambulance arrived?	<input type="text"/> Shocks				
Did the victim have signs of circulation AFTER any shock was administered? (✓)	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Unknown <input type="checkbox"/>		

Weekly checklist

✓ Date

1. Check the placement of the Defib.
Is it where it is supposed to be?
2. Check status/indicator light.
3. Inspect exterior components and sockets
for cracks and other damage.
4. Check the following are all there:
 - face mask
 - razor
 - towel dry cloth
 - scissors
 - disposable gloves

Monthly checklist

1. Check pads expiry date.
2. Check battery expiry date (if there is one).

Name

Signature



We are the nation's heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital information. But we urgently need your help. We rely on your donations of time and money to continue our life-saving work. Because together we can beat heart disease.

bhf.org.uk

 **Heart Helpline**
0300 330 3311
bhf.org.uk

Information & support on anything heart-related
Phone lines open 9am to 5pm Monday to Friday
Similar cost to 01 or 02 numbers

British Heart Foundation
Greater London House
180 Hampstead Road
London NW1 7AW
T 020 7554 0000
F 020 7554 0100