

Important update

How to do CPR and use a defibrillator: Parish update during COVID 19

What do I do if someone's heart stops?

Without CPR the person will die. Speed is very important.

“Where the arrest is recognised immediately, bystanders perform CPR (cardiopulmonary resuscitation), and a defibrillator is used before the ambulance arrives rates of survival have been reported in excess of 50%“

Resuscitation Council

Without help stay with your casualty and give CPR.

How do I give CPR?

Due to the current coronavirus outbreak, there are several important changes to CPR that the Resuscitation Council UK advise. If you find someone unconscious follow these simple steps:

- Step 1: Shake and shout for help.
- Step 2: Call 999.
- Step 3: Do not put your face close to theirs. Use a towel or a piece of clothing and lay it over their mouth and nose.
- Step 4: Give chest compressions only - do not give rescue breaths.
- Step 5: Continue until an ambulance arrives.
- Step 6: After the ambulance has taken over wash your hands thoroughly with soap and water or use an alcohol-based hand gel.

With help stay with your casualty, continue to give CPR and send someone for the defibrillator.

Where is the closest defibrillator?

At Lee Moor it is on the wall of the village hall

At Wotter it is on the wall of the surgery

At Shaugh Prior it is on the wall of the village hall

How do I access the defibrillator?

The ambulance centre will give you the code when you call 999. Make sure you say which village you are closest to.

How do I use the defibrillator?

It is extremely unlikely to do any harm when using the defibrillator as it will not give a shock unless required.

- Step 1: When the defibrillator arrives helper turns it on. Some turn on when lid is opened and some need to push the on/off button.
- Step 2: Continue CPR.
- Step 3: Follow the instructions given by the defibrillator.
- Step 4: Continue CPR when told to do so by the defibrillator.
- Step 5: Continue with CPR and defibrillator until ambulance arrives.
- Step 6: After the ambulance have taken over wash your hands thoroughly with soap and water or use an alcohol-based hand gel.

After using the defibrillator

If you have used a defibrillator it will need to be deep cleaned. Please inform the parish clerk immediately. Scott.smy@shaughpriorparish.gov.uk

The British Heart Foundation has excellent training videos on how to do CPR and how to use a defibrillator on their website. www.bhf.org.uk Look at them now, if you wait, when you need to give CPR and use the defibrillator it will be too late!