



# Do You Want to Help Save Lives?

- 7 million people die each year worldwide by SCA.
- SCA is unpredictable, it strikes without warning, killing 250 people a day in the UK.
- SCA kills more people than lung cancer, breast cancer and AIDs combined.
- SCA does not discriminate - it can happen to the young, fit and old - anyone, anywhere at any time.
- Together with effective CPR, defibrillation is the only way to re-establish the heart's natural rhythm.
- Quick action saves lives.

Then get yourself acquainted with the location of nearby Automatic Defibrillators (AED)

When someone is having a Sudden Cardiac Arrest (SCA), every single second really does count.

Knowing the exact location of your nearest [defibrillator \(AED\)](#) can make all the difference between life and death.

Most public access [AEDs](#) are easy to use with voice guided instructions, meaning you can respond and provide immediate lifesaving treatment, before the ambulance service arrives.

[AEDs](#) when used within the first 3-5 minutes of a person suffering a [Sudden Cardiac Arrest](#) can dramatically increase a victims chance of survival from less than 5% to as much as 70%. AEDs were designed to be used by virtually anyone with little or no training or experience.

## APPS & Websites to Use

[GoodSAM App](#).

This is an application for mobile devices that has been developed as a a community of Good Samaritans, happy to assist if they are



the closest person to an emergency. Many are off duty doctors, nurses, paramedics and other members of the emergency services. They are trained in first aid and may have additional skills. They can maintain an airway, help stop bleeding and if necessary help perform lifesaving cardiopulmonary resuscitation. The app also serves as a register of defibs and lists locations along with allowing alerters to dial the emergency services, and at the same time notify nearby medically qualified responders of a medical emergency. By alerting responders of an emergency, [GoodSAM](#) connects those in need with those who have the skills to provide critical help before the emergency services arrive.



## Frequently asked questions (FAQs) on Defibrillators

### **1. What is an Automated External Defibrillator (AED)?**

Sudden cardiac arrest (SCA) occurs because the normal electrical rhythm that controls the heart is replaced by a chaotic disorganised electrical rhythm called ventricular fibrillation (VF).

An AED delivers a high energy electric shock to a victim in SCA caused by VF to restore the heart's normal rhythm. AEDs are compact, portable, easy to use and guide the operator through the process with prompts and commands. The AED analyses precisely the victim's heart rhythm and will only deliver a shock if it is required.

### **2. Are AEDs safe to use?**

Modern AEDs are very reliable and will not allow a shock to be given unless it is needed. They are extremely unlikely to do any harm to a person who has collapsed in suspected SCA. They are safe to use and present minimal risk to the rescuer. These features make them suitable for use by members of the public with modest (or even no training), and for use in Public Access Defibrillation schemes.

### **3. What is Public Access Defibrillation (PAD)?**

Public Access Defibrillation describes the use of AEDs by members of the public. AEDs have been provided in many public locations by the Department of Health, the British Heart Foundation (BHF) and other charities and can now be found in many busy public places including airports, mainline railway stations, shopping centres, and gyms. They are meant to be used by members of the public if they witness a cardiac arrest.

#### **4. How do I know where to find a Public Access Defibrillator?**

The RC (UK) has designed a sign which many public spaces equipped with a PAD will display. If you witness someone who has collapsed possibly because of cardiac arrest, dial 999 to call the emergency medical services immediately. Follow the instructions given by the ambulance control centre who will provide instructions about the steps to be taken. The nearest PAD. Staff working at the location s AED nearby.



#### **5. Do I need training to use an AED?**

AEDs have been used by untrained people to save life. Clear, spoken instructions and visual illustrations guide users through the process. Lack of training (or recent refresher training) should not be a barrier to someone using one. If you are prepared to use the AED do not be inhibited from doing so.

There are first aid courses that include training on the use of an AED. The first aid organisations (for example St John Ambulance, St Andrew's Ambulance, The British Red Cross and The Royal Life Saving Society) provide training as do many independent private training companies.

#### **6. Is it safe to use an AED if the victim is lying on a wet or metal surface?**

Yes, it is usually safe to use an AED on a victim who is lying on a metallic, wet or other conductive surface. If the self-adhesive pads are applied correctly and provided there's no direct contact between the user and the victim when the shock is delivered, there is no direct pathway that electricity can take that would cause the user to experience a shock. If the victim is wet, his/her chest should be dried so that the self-adhesive AED pads will stick properly.

### **7. Is it safe to use an AED on a child?**

The incidence of shockable rhythms requiring defibrillation in the paediatric population is very low but can occur. The priority must always be for high quality CPR and getting expert help. However, the AED can be deployed across all age groups if this is the only available machine.

### **8. Is it safe to use an AED on a pregnant woman?**

Yes. Fortunately, cardiac arrest is rare in women who are pregnant, but if it were to occur it is quite appropriate to use an AED. The procedure is the same as in the non-pregnant, but it is important to place the pads clear of enlarged breasts.