

# **The Defibrillator and how to help a heart attack victim**

In the event of a cardiac arrest, when your heart suddenly stops pumping blood around your body, having access to a defibrillator can be the difference between life and death.

If you see someone lose consciousness and stop breathing or stop breathing normally, it is highly likely that they are suffering from a sudden cardiac arrest and unless treated, they will die.

**If you do have access to a defibrillator, the time that it takes to find it and use it correctly on a patient can also have a huge impact on the outcome of the emergency and whether the cardiac arrest has caused significant and life changing damage.**

**If a defibrillator is used and CPR is performed within 3 to 5 minutes, their chance of survival will dramatically increase from 6% to 74%.**

**Defibrillators are often found in small portable plastic box and ours is yellow and on the wall outside The Village Hall.**

If you're the first person on the scene of a cardiac arrest, you will need to start CPR immediately and call 999. If more people arrive, ask them to locate a defibrillator while you continue CPR. The operator can also guide you to the nearest public access defibrillator so do not hang up the phone when you call 999. You will be given a code to unlock the defibrillator.

## **To administer CPR**

1. Check for a pulse
2. Tilt the persons head back and lift the chin
3. Pinch the nose and cover the person's mouth with your mouth and breathe in life giving air.
4. If no pulse, start giving 30 compressions by pumping the chest. Put the heel of one hand on the centre of their chest and interlock your fingers. Begin to pump the chest hard and fast. Don't worry about pressing down too hard as the chest needs to go down by at least 5cm for CPR to be effective.

**The compression rate should be 100-120 per minute. The rhythm and beat of the Bee Gees "Staying Alive" is perfect!**

5. Give 2 rescue breaths every 30 compressions.

When you have located the defibrillator, quickly open it, switch it on and listen to the verbal instructions that will explain exactly what you need to do. If possible do not stop CPR whilst the defibrillator is being opened. AEDs can be used on anyone over the age of one. The machine will analyse the patient's condition automatically, providing you with verbal information and instructions on how to use the machine.

## Using the defibrillator

1. Take the pads from the sealed pack and remove or cut through any clothing on the patient's chest and wipe away any sweat
2. Remove the backing paper and attach the pads to the chest
3. Place one pad on the upper right side, just below the collar bone as shown on the pad and then place the second on their left side, below the armpit. The pads must be positioned lengthways with the long side in line with the body.
4. As soon as you have done this, the AED will begin to check the patients heart rhythm. Make sure that you or anyone else near to the patient is not touching them and continue to follow the verbal instructions until help arrives.
5. If the patient becomes responsive place them in the recovery position but leave the AED attached in case further shock is required.

The defibrillator is positioned on the wall at the village hall. The postcode for the village hall is YO176XN and is situated at the top of the village just off High Row.

It is our intention to hold an information demonstration in the hall when we are allowed to hold gatherings. When we have further guidance on the easing of lockdown a villager (who happens to be a paramedic) has offered to show anyone interested how to administer the defibrillator. The North Yorkshire Ambulance will also conduct some training.

Kirby Misperton Village Hall Committee.