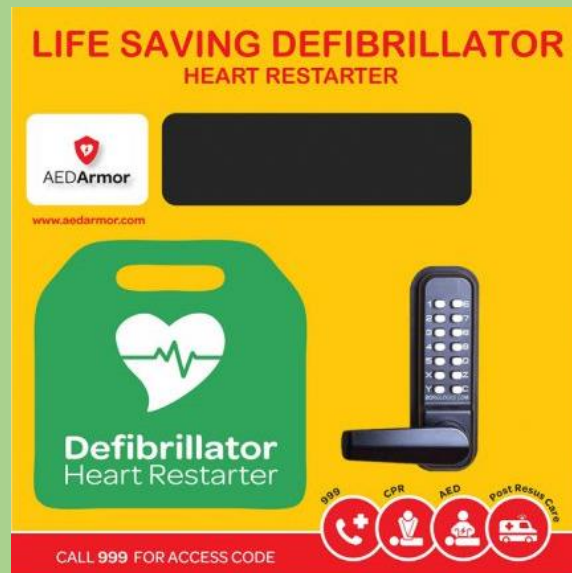




St Helena
Government

Automated External Defibrillator (AED)



What is an AED, and when and how are they used?

Defibrillators are devices that send a safe electric shock to the heart to restore a normal heartbeat when someone is not conscious and not breathing (i.e. they are in cardiac arrest).

A defibrillator may also be referred to as a DEFIB or an **AED** (Automated External Defibrillator). Statistics show that if a defibrillator is used on a patient within the first few minutes of cardiac arrest, they have a 60-70% chance of making a full recovery based on the NHS website.

The type of **AEDs** being deployed are designed so that they can be used by anyone, without specialist training. Once turned on it will instruct the user through voice commands on exactly how to use the device safely, for both the patient and the operator.

These particular **AEDs** will only deliver a lifesaving shock to the patient if it is needed. They can tell if this is the case and will talk the user through what to do, meaning people can use the **AEDs** with confidence in an emergency situation.

The **AEDs** are clearly signposted and is contained in a bright yellow box.



Code to the cabinet

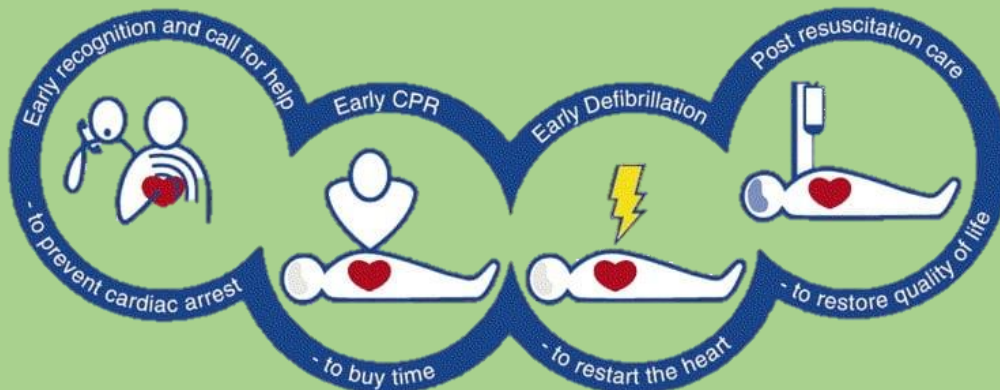
If you require access to an AED, the code to the cabinet can be requested from the Emergency Contact Centre when dialing 999

The Emergency Contact Centre operator will dispatch a Ambulance to your location



About an AED

- The Emergency Contact Centre and the device itself will be able to talk you through on how to use the device, how to do CPR, Chest Compression only CPR and Rescue Breaths
- If you don't feel giving rescue breaths is safe, compression only CPR is enough to keep oxygen flowing to the brain until emergency services arrive.
- This device can not hurt anyone, if a shock isn't needed the device won't give it
- If possible its important to stay on the phone with the Emergency Contact Centre operator until help arrives
- The faster an AED is by the patient's side, the more likely a patient will have a good outcome.



Resuscitation Council UK, has found that if a cardiac arrest is recognised early, CPR is started as soon as possible and a defibrillator is used early that a person has the best chance of surviving a cardiac arrest.

Instructions on how to use and AED

- Check if patient is unresponsive
- Call 999 and retrieve the AED
- If you or someone else has returned from retrieving the AED from the cabinet you would need to open the device
- Unzip the side of the device and inside you will find an AED pack kit, the device itself and just behind the device a set of pre connected pads
- Inside the AED starter kit there is a pair of scissors that you can use to cut clothing of the person and also a razor that can be used to shave if the persons chest is hairy
- Take out the pads from the bottom of the device
- Tear open the packaging
- Look closely at the picture on each pad
- Peel of the pad labeled 1 and stick to the bare skin of the patient exactly as shown in the picture
- Peel of the pad labeled 2 and stick to the bare skin of the patient exactly as shown in the picture
- Press the pad firmly to the bare skin of the patient
- Do not touch the patient
- The device will analyze the heart rhythm
- If a shock is advised stand back clear and press the orange button on the device
- A shock will be delivered by the device
- Press the blue button on the device to start a CPR metronome
- Place your hands between the nipples interlocking your hands and fingers and push hard and fast twice per second
- The ratio of compressions and rescue breaths are 30 compressions, 2 rescue breaths
- Continue with CPR and Rescue Breaths until the Ambulance arrives or the device advises to recheck the rhythm and stand clear

AED's are now located in the following locations

| District | Location |
|------------------|---|
| Jamestown | Customs Building |
| Half Tree Hollow | Half Tree Hollow Clinic (outside main entrance) |
| Francis Plain | The Pavillion Area (in the green shed) |
| Longwood | Royal Saint Helena Police Post |
| Levelwood | Silver Hill Shop |
| Blue Hill | Blue Hill Community Centre |
| Sandy Bay | Bamboo Hedge |
| Rupert's | Sea Rescue Building (outside the main entrance) |

A short instructional video on what AEDs are, when and how to use them, and where they are located around the Island can be found online: <https://www.youtube.com/watch?v=9Z5M08-wyul>

