

To Buy time and save a life!!!

Community Defibrillators can buy time and save a life, whilst waiting for an ambulance or CFR team to arrive.

Here are some practical things you can do waiting for the ambulance to arrive:

ABCDE and send for 999 help

A= AIRWAY

B=BREATHING

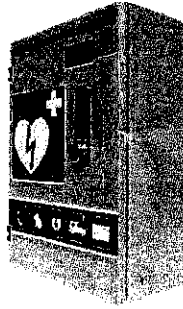
C=CIRCULATION

D=DISABILITY- Diabetic? Poison?

E= Exposure- Rash, bleeding, wound etc.

Emergency Call

112 on mobile gives
coordinates



DEFIBRILLATOR

When the defib arrives one person take charge of this and follow prompts on the box unit.

Beware of the following when using a defib:

1. Water
2. Hair
3. Heart medication patches and pacemakers
4. Metal
5. Jewellery

Shave the parts of the chest you need to when apply the pads

Follow the diagrams on the defib box and patches.

**Follow the prompts of the defib to shock and then do CPR for
2 minutes.**

ADULTS

AIRWAY:

- Is this open? If not-open it
- Is it clear? If not-clear it

BREATHING:

- Yes/No- count for up to 10 seconds. Need 2 breaths in 10 seconds for an adult
- If not- do CPR- CALL 999 USING A MOBILE PHONE AND SAY WHERE YOU ARE AND WHAT IS WRONG.

SEND SOMEONE FOR THE DEFIB ONCE THE CONTROLLER TELLS YOU THE CABINET KEY CODE

CIRCULATION:

- 30 compressions of the heart to 2 breaths for an adult- PRESS LOWER PART OF BREAST BONE A THIRD OF THE WAY DOWN- using 2 hands
- Then do 2 breaths with a pocket mask
- Repeat the cycle

Children and babies:

Breaths are more important for children and babies as they suffer with stopping breathing more than heart problems.

More breaths needed therefore.

A= airway

**B=breathing- 10 sec check- need 3-5 in this time:
if not start CPR**

C= circulation

D= Diabetic/poison etc.

E= Exposure- rash, bleed, injury.

**5 breaths first (with a face mask), then 15
compressions to 2 breaths.**

**(Be careful of the neck position when giving
breaths. Use one hand for a child and 2
fingers for a baby when doing chest
compressions).**

THANK YOU



**North Nottinghamshire
Community First Responders**

Trained Volunteers assisting
East Midlands Ambulance Service NHS Trust