



# DEFIBRILLATORS

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# Course Aim

- To help give confidence in dealing with a situation that may occur during an archery meet or at any time.

# Statistics

- Approximately 140,000 people on average die from cardiac arrest in the UK each year, 241 of which are school children
- Survival to hospital discharge presently approximately **5-10%**
- Bystander CPR is a vital intervention before the arrival of Emergency Help arrives – **double or triple** survival from SCA (Sudden Cardiac Arrest)
- Early Resuscitation and prompt Defibrillation (within 10 minutes) can result in **> 75% survival**

# Defibrillators - What are they ?

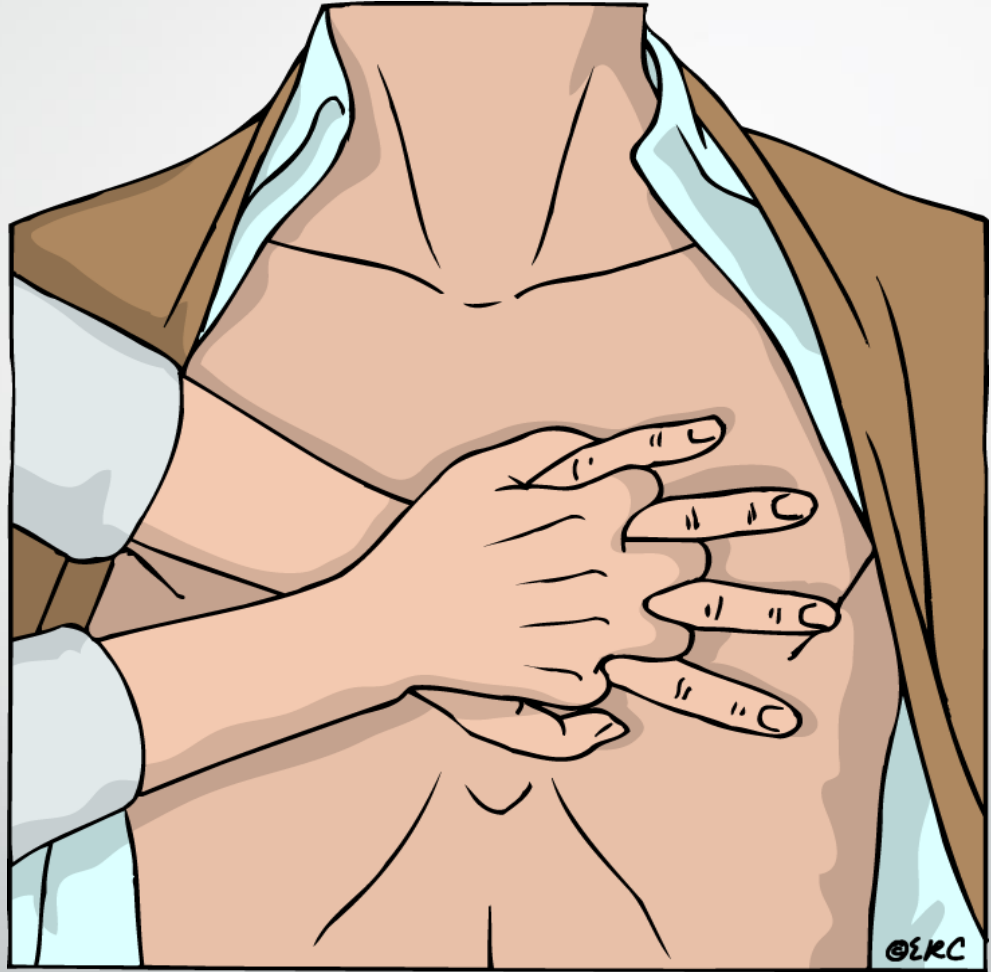
- A life saving machine.
- Simple to use.
- By anybody.
- Used in conjunction with CPR.

# Where are they?

- Public places.
- Village Halls, Community Centres, Shopping Precincts, Sports Centres
- Do you know where your local one is?

# CPR – Cardio pulmonary resuscitation

- CARDIO-PULMONARY RESUSCITATION
- 30 CHEST COMPRESSIONS
- Place the heel of one hand in the centre of the chest
- Place other hand on top and Interlock fingers, with elbows locked
- Compress the chest - Rate 100/120 C/P/M - Depth 5-6 cm
- Equal Compression : Release
- If possible change CPR operator every 1-2 mins



# How to use a defibrillator

- AUTOMATED EXTERNAL DEFIBRILLATOR
- Some A.E.D's will automatically switch on when the lid is opened.







# For more information:

<https://www.defibmachines.co.uk/cardiac-arrest-in-the-uk/>

Youtube search defibrillators and there are many options – St John Ambulance/British Heart Foundation