

The Saul Phonebox Community Defibrillator

The phonebox has been painted and the Community Defibrillator is now situated inside and ready to use. Many thanks to everyone who donated money towards this project, and gave up their time to paint the phonebox. Also a BIG thank you, to Fretherne with Saul Parish Council who adopted the phonebox and gave a big donation towards the project.

There will be an awareness session for the defibrillator on Saturday 29th November at 1.45pm, at Saul Memorial hall, everyone is welcome, including children. No need to book, just turn up! You do not need to attend the awareness session to use the defibrillator, but please come if you can. The defibrillator is designed to be used by people with no medical background. We will hold an ‘official opening’ after the awareness session.

What is a defibrillator? It's a computerised medical device that delivers an electrical current through the chest, which aims to shock the heart back into a normal rhythm, allowing it to pump again.

Sudden cardiac arrest happens 140,000 times a year in the UK, making it one of the UK's largest killers.

Voice commands and screen messages will guide the user step by step through the process, and its intelligent technology will only allow it to shock a ‘shockable’ heart rhythm. This technology opens a window for the public to take on a key role to support emergency services who would otherwise be hindered by the time it takes to reach the victim.

Is there a need? The UK resuscitation Council guidance states an Automated defibrillator should be available where ever medical treatment is more than 5 minutes away. The rate of survival following a sudden cardiac arrest is dependent on time, the quicker the intervention the better the outcome.

What should you do if someone has a sudden cardiac arrest?

Start CPR straight away

call 999 without delay

get someone to collect the defibrillator

(the code to open the cabinet will be given to you by 999 telephone operator)

Follow the voice commands of the defibrillator.

Remember....No one will criticise you for trying to save a life! The defibrillator will not function unless it determines there is a need, so don't worry about using one!

For more information contact Jane Bolton 01452 741663 or email jane.bolton111@yahoo.co.uk

www.communityheartbeat.org.uk

www.nhs.uk/Conditions/Accidents-and-first-aid/Pages/CPR.aspx

