

MYTH BUSTERS

SO WHAT IS A DEFIB?

A defib is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in sudden cardiac arrest (SCA).



But you have to be medically trained to use a defib.

Anyone can use a defib, even if they aren't trained. They are safe to use by people of all ages. Many defibs talk to you and have step-by-step directions with pictures.

I can seriously hurt someone if I use CPR and a defib on them.

No you can't! When a defib is applied to a patient it will only ever shock them if they have suffered a cardiac arrest. People can recover from broken ribs and bruises, but they can't come back to life once the chance for CPR and defibrillation has passed.



A defib will always resuscitate someone in cardiac arrest.

Well using a defib can't guarantee a recovery, however, if CPR and a defib are used within 3-5 minutes of arrest then chance of survival increases from 6% to 74%.



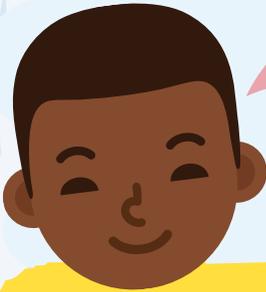
Paramedics will arrive before I need to use a defib.

Every second counts and you can help to save a life while the ambulance is on their way. For every minute without CPR a patient's chance of survival reduces by 10%.



HOW TO SAVE A LIFE

- Make sure it is SAFE for you to approach
- Check for any response from the victim
- Tilt head back, lift chin and check breathing
- If breathing is absent or not normal, CPR is needed
- Call 999 and follow their instructions
- If someone is there to help ask them to call 999 and fetch a defib if possible – 999 will give you a code to unlock the defib unit



- Place both hands in the centre of the chest
- Compress the chest to the rhythm of “Stayin’ Alive”
- If you learned how to do it, provide 2 rescue breaths between every 30 compressions, otherwise pump the chest continuously
- Push hard – don’t worry, you can’t do any harm

— SHOCK —

If a defib arrives, switch it on immediately and follow the instructions

Once the emergency services arrive, continue until you are told to stop

**DOING SOMETHING
IS BETTER THAN
DOING NOTHING!**



CONTACTS & INFORMATION

NLC

Where is your nearest defib?

www.northlincs.gov.uk/people-health-and-care/health-and-healthy-lifestyle/defibrillators-in-north-lincolnshire

NHS

How to perform CPR info – including ‘Staying Alive video

www.nhs.uk/conditions/accidents-and-first-aid/pages/CPR.aspx

LIVES - SAVE A LIFE CAMPAIGN

www.lives.org/safe-a-life

BRITISH HEART FOUNDATION

www.bhf.org.uk

EUROPEAN RESTART A HEART DAY

www.erc.edu/about/restart

If you think your local community needs a defib, get in touch with:

community.recreation@northlincs.gov.uk

YOUNG VOICE

young.voice@northlincs.gov.uk

