

AEDs

Automated External Defibrillators

Defibrillator Provision as part of 'The Chain of Survival'



Regular physical activity is important for good health

Unfortunately, cardiac events can sometimes occur, so being prepared for medical emergencies is vital. Sudden Cardiac Arrest (SCA), when the heart stops pumping blood around the body, can lead to Sudden Cardiac Death (SCD).



Sudden cardiac arrest (SCA) can happen to even the fittest people

SCA is usually fatal within minutes unless people act on 'The Chain of Survival'. Sports facilities and staff need training in cardiopulmonary resuscitation (CPR) and using an automated external defibrillator (AED) as detailed in the Resuscitation Council guidelines.



Know what to do if you witness a cardiac arrest



Start CPR within 1 minute

Call 999 for ambulance / Start CPR immediately / Establish nearest AED location



999 operator will tell you nearest AED location

Starting CPR immediately is critical - if untrained, ask the 999 operator for instructions. Rapid access to and early use of a defibrillator can significantly improve someone's chances of surviving a cardiac arrest. AEDs are easy to use, even without training. The machine tells you what to do. Some AED boxes have access codes: the 999 operator will know the code.



Deliver first AED shock within 5 minutes

The target time to access an AED and deliver the first shock is within five minutes of the SCA



Every minute without CPR and defibrillation decreases the chances of survival by approximately 10%. Ensure an AED is readily available and easily accessible. Venues should consider one or more AEDs housed in cabinets on the outside of the building so if closed, the AED is still publicly available 24/7. Mobile events should consider portable AEDs.

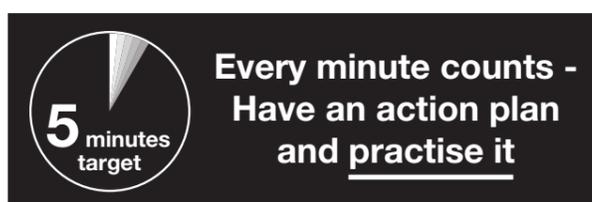


CPR / AED practice

Anyone can use an AED. Follow the simple visual and verbal instructions from the machine



An AED is simple to use and is programmed not to deliver a shock unless it is needed. 999 operators will instruct callers in CPR. People already trained will have more confidence and perform better CPR.



SCA action plans should include:

1. A designated person to develop and implement the plan
2. Purchase and regular maintenance of AEDs
3. Facility staff SCA awareness, induction and CPR/AED training to maximise confidence when trying to save a life.

