

# TWIGWORTH NEWS

## DEFIBRILLATOR SPECIAL

### Defibrillator for Twigworth - Now at Janes Pantry!

On behalf of Twigworth Parish Council, Cllr Redfern is pleased to announce that we have been able to arrange a partnership agreement with Janes Pantry, to install a Zoll AED Fully Automatic Defibrillator at their Twigworth Local Centre unit, this has been made possible by a fully funded grant from the GCC Build Back Better scheme, which was sponsored and approved by our County Cllr Paul McClain.

With kind permission of Mr Neville Morse MD, Janes Pantry and Robert Hitchins, the Defibrillator has been mounted to the wall at the front of Janes Pantry; this Defibrillator is available to the public, 24/7, for any cardiac emergencies that may arise and is registered on the National Register.

Access to the Defibrillator is available by dialling 999 and an access code will then be provided for the DefibSafe to gain access; anyone can use the Defibrillator and no training is required...you just switch it on and follow the voice instructions.

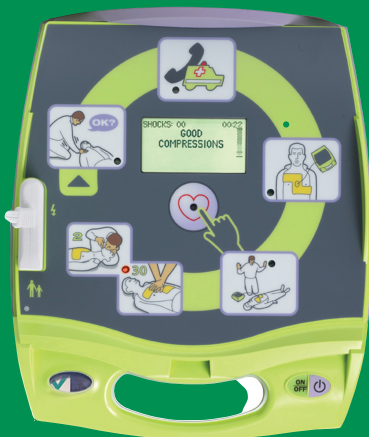
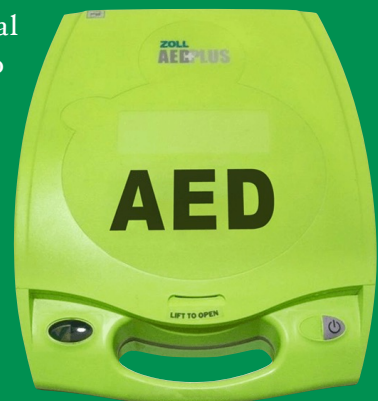
Cardiac arrests can affect anyone, at any time, 30,000 occur outside of hospitals across the UK each year; currently less than 10% of these people experiencing cardiac arrests in the community survive...with speedy emergency treatment, chances of survival shoot up by a whopping 80%.

Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) shocks given within the first 4 minutes are crucial to enable survival, yet, terrifyingly, the average ambulance response time in an urban area is a full 11 minutes, in the rest of the UK, it's around 8 minutes.

20% of out-of-hospital cardiac arrests happen in public places, if you suffer an arrest out and about, you would be reliant on the public's ability to perform CPR and indeed the availability of a defibrillator.

CPR alone can double the chances of survival.

When you use a defibrillator in addition to quality CPR, the odds of someone's survival can jump from around 6% to 74% – an incredible difference.



# Defibrillator Heart Restarter

**Anyone can use it  
No training necessary**



**For an unconscious person  
NOT breathing normally**



**Call  
999**

**Start  
CPR**

**Switch on  
defibrillator**

**Follow its  
instructions**



Resuscitation Council (UK)





## What do I have to do in an emergency?

Every year in the UK, thousands of people die or are seriously injured in incidents. Many deaths could be prevented if first aid was given before emergency services arrive.

### When to Use an AED (Defibrillator)

You should only use an AED on a person if:

- their heart suddenly stops beating
- they are experiencing Sudden Cardiac Arrest (SCA); symptoms are immediate and drastic and include:
  - No breathing, or gasping noises paired with abnormal breathing
  - Unresponsive
  - Unconscious
  - No pulse

If you encounter someone with these symptoms, call 999, you will be provided with the access code to the DefibSafe, designate someone to fetch the Defibrillator, from Janes Pantry at The Local Centre and immediately begin CPR, an ambulance or paramedic will arrive quickly.

Enter Code



Anyone can use the Defibrillator and no training is required... you just switch it on and follow the instructions.



On/Off

## Location of Defibrillator



**Defibrillator HERE!**



**Janes Pantry  
Unit 5 The Local Centre  
Twigworth Green  
Twigworth  
Gloucester  
Gloucestershire GL2 9SB**



### **CPR on Adults**

If you have been trained in CPR, including rescue breaths, and feel confident using your skills, you should give chest compressions with rescue breaths.

If you're not completely confident, attempt hands-only CPR instead.

### **Hands-only CPR**

To carry out a chest compression:

1. Kneel next to the person and place the heel of your hand on the breastbone at the centre of their chest. Place the palm of your other hand on top of the hand that's on their chest and interlock your fingers.
2. Position yourself so your shoulders are directly above your hands.
3. Using your body weight (not just your arms), press straight down by 5 to 6cm (2 to 2.5 inches) on their chest.
4. Keeping your hands on their chest, release the compression and allow their chest to return to its original position.
5. Repeat these compressions at a rate of 100 to 120 times a minute until an ambulance arrives or for as long as you can.

### **CPR with rescue breaths**

1. Place the heel of your hand on the centre of the person's chest, then place the palm of your other hand on top and press down by 5 to 6cm (2 to 2.5 inches) at a steady rate of 100 to 120 compressions a minute.
2. After every 30 chest compressions, give 2 rescue breaths.
3. Tilt the person's head gently and lift the chin up with 2 fingers. Pinch the person's nose. Seal your mouth over their mouth and blow steadily and firmly into their mouth for about 1 second. Check that their chest rises. Give 2 rescue breaths.
4. Continue with cycles of 30 chest compressions and 2 rescue breaths until they begin to recover or emergency help arrives.

### **CPR on children**

You should carry out CPR with rescue breaths on a child. It's more likely children will have a problem with their airways and breathing than a problem with their heart.

### **Children over 1 year**

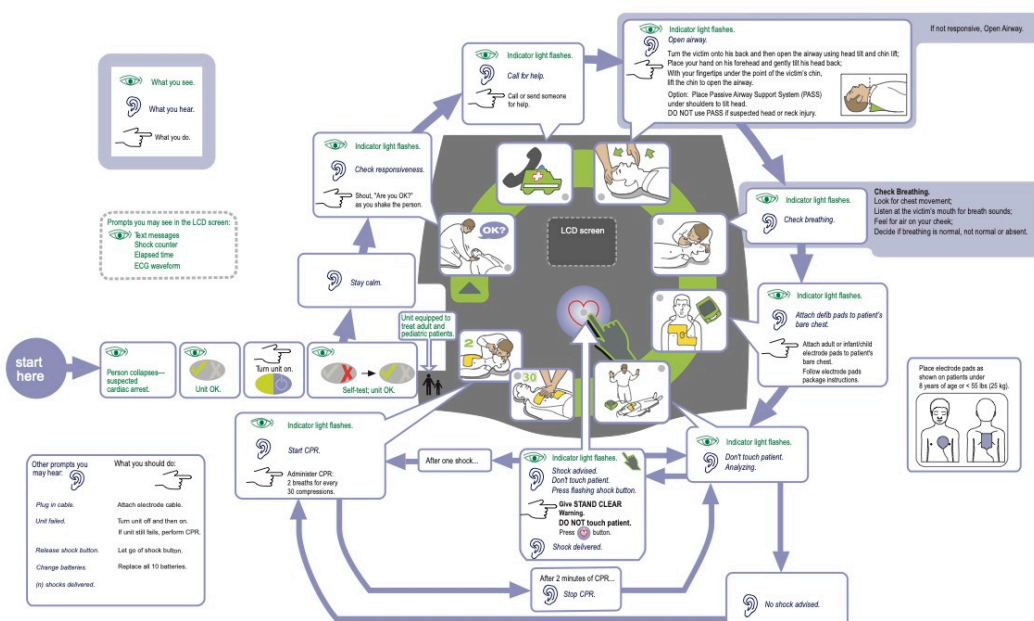
1. Open the child's airway by placing 1 hand on their forehead and gently tilting their head back and lifting the chin. Remove any visible obstructions from their mouth and nose.
2. Pinch the child's nose. Seal your mouth over their mouth, and blow steadily and firmly into their mouth, checking that their chest rises. Give 5 initial rescue breaths.
3. Place the heel of 1 hand on the centre of the child's chest and push down by 5cm (about 2 inches), which is approximately one-third of the chest diameter. The quality (depth) of chest compressions is very important. Use 2 hands if you can't achieve a depth of 5cm using 1 hand.
4. After every 30 chest compressions at a rate of 100 to 120 a minute, give 2 breaths.



# Operators Guide

## ZOLL AED Plus

### Fully Automatic AED Plus Automated External Defibrillator



#### INDICATIONS FOR USE

Use the AED when a suspected cardiac arrest victim has an apparent LACK OF CIRCULATION indicated by:

- Unconsciousness and
- Absence of normal breathing and
- Absence of a pulse or signs of circulation.

This device is intended for use by personnel who have been trained in its operation. Users should receive training in basic life support/AED, advanced life support or a physician-authorized emergency medical response training program.

When a victim is less than 8 years of age, or weighs less than 55 lbs (25 kg), the ZOLL AED Plus should be used with ZOLL AED Plus Pediatric Electrodes. Therapy should not be delayed to determine the patient's exact age or weight.

#### CONTRAINDICATIONS FOR USE

Do NOT use when a patient:

- Is conscious; or
- Is breathing; or
- Has a detectable pulse or other signs of circulation.

#### INTENDED PURPOSE

The intended purpose of the ZOLL AED Plus is to help victims of sudden cardiac arrest. Using compatible ZOLL defibrillation electrodes which connect the patient to the ZOLL AED Plus, the AED automatically analyzes the victim's ECG rhythm to determine whether an electrical shock should be delivered. If the AED detects a shockable rhythm (coarse ventricular fibrillation or wide complex ventricular tachycardia), it alerts the rescuer that a shock is advised and then it either issues

instructions to press the flashing shock button (semi-automatic model) or it automatically delivers the shock after a 3 second countdown (fully automatic model). The AED then prompts the rescuer to perform CPR for a pre-configured period of time.

#### INTENDED USER

This device is intended for use by personnel who have been trained in its operation. Users should receive training in basic life support/AED, advanced life support or a physician-authorized emergency medical response training program. The CPR monitoring function provides a metronome designed to encourage rescuers to perform chest compressions at the ERC recommended rate of 100-120 compressions per minute. Voice and visual prompts encourage a compression depth of 5-6 cm for adult patients. The CPR monitoring function is not intended for use on patients under 8 years of age.

**ZOLL**

ZOLL Medical Corporation  
269 Mill Road  
Chelmsford, MA 01824-4105  
978-421-965  
www.zoll.com

*Our sincere thanks to Gloucestershire County Council  
and the the Build Back Better Scheme for sponsoring  
the Defibrillator for Twigworth*