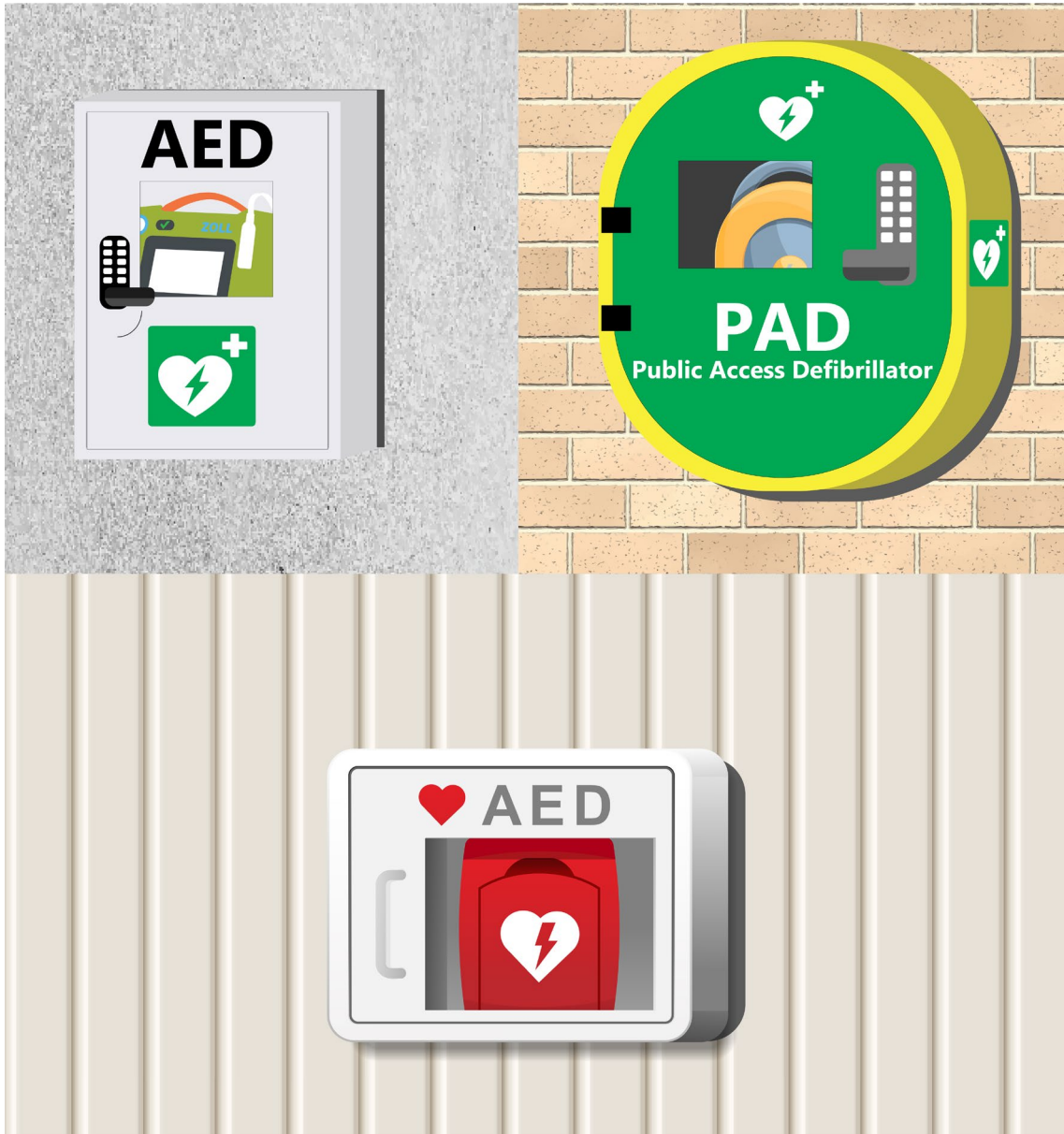




How to use a defibrillator



Easy read booklet 8

Who we are and what this booklet is about



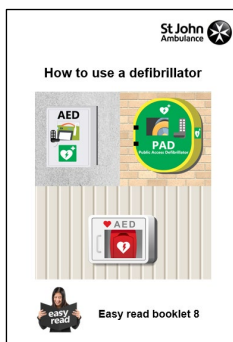
We are **St John Ambulance**. We are a charity that gives **first aid** and teaches other people how to give first aid.



First aid is when you help someone with a health problem until a medical expert like a doctor or paramedic can help them.

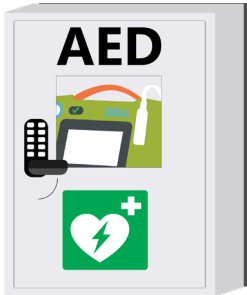


We have 8 booklets to help you learn how to give first aid.



This booklet tells you how to use a **defibrillator**.

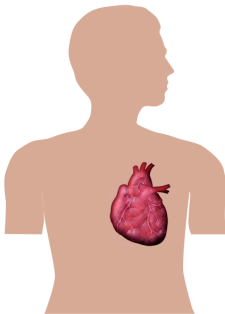
What a defibrillator is



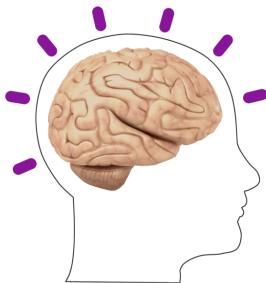
A **defibrillator** is a piece of equipment that checks someone's heartbeat.



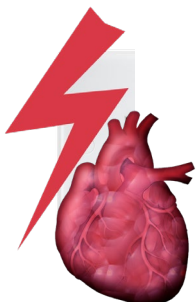
It can also give electric shocks if someone goes into **cardiac arrest**.



Cardiac arrest is when your heart stops beating so there is no heartbeat.



This means your heart is not pumping blood around the body to important organs like the brain.

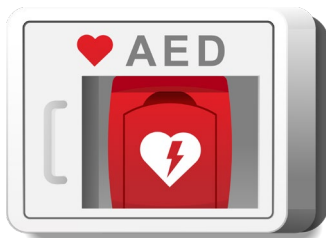


The electric shocks can make your heart start to beat again.

Other names for a defibrillator



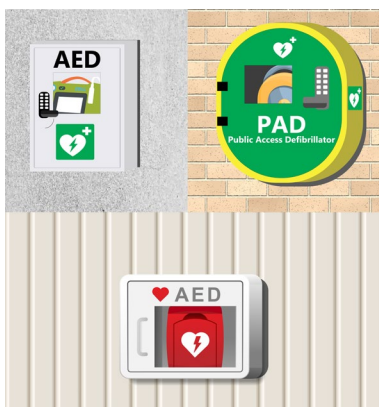
A defibrillator can also be called an **AED** or a **PAD**.



AED stands for **Automated External Defibrillator**.

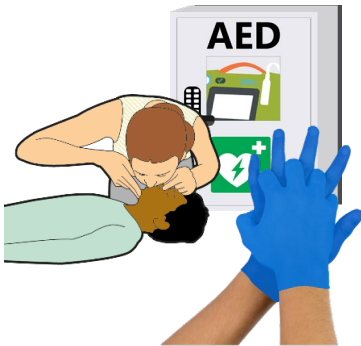


PAD stands for **Public Access Defibrillator**.

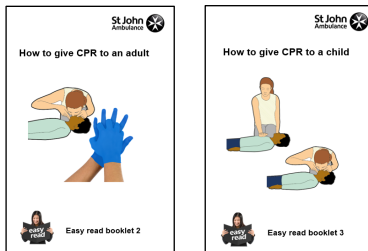


A defibrillator, AED and PAD are the same and are used in the same way. In this booklet we call it a defibrillator.

When to use a defibrillator



You should use a defibrillator at the same time as **CPR**.



Booklets 2 and 3 tell you how to do **CPR** on an adult and a child.



You should only use a defibrillator if you are with someone else. 1 person needs to keep doing CPR.



Ask them to call **999** or **112** and to find a defibrillator.



If you are alone, do not worry about the defibrillator. Call **999** or **112** and put them on speakerphone so you can start CPR.

How to use a defibrillator



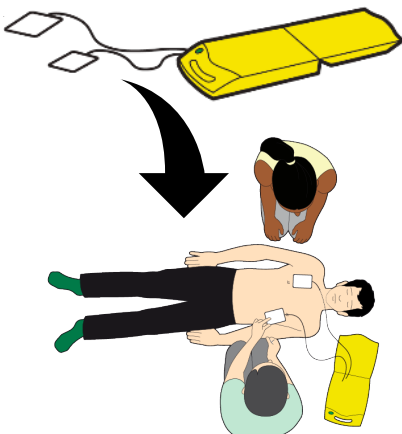
Turn the defibrillator on and listen to what it tells you to do. 1 person will need to keep doing CPR.



Take all the clothing off the person's chest. This includes their bra.



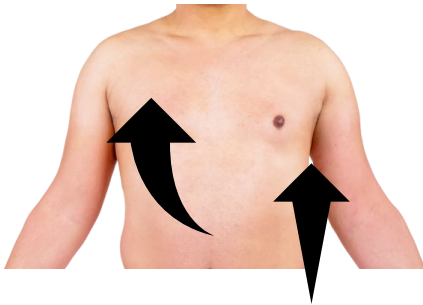
Open the defibrillator. There might be some scissors inside to help you cut off their top or bra.



There will be 2 pads that you will need to place on their chest.



The pads will have pictures on them to show you where to put them.



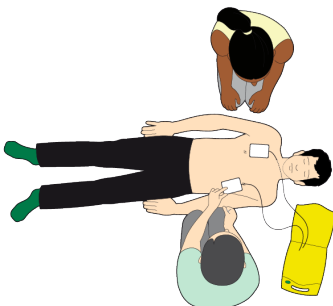
1 pad is put on the right side of their chest, at the top. The other pad goes under their left armpit. The defibrillator will also tell you where to put the 2 pads.



Before you put the pads on their chest, you might need to shave their chest, so the pads stick on properly.



There might be a razor inside the defibrillator. Do not worry if not.



Peel the plastic off each pad and stick them in the right place.



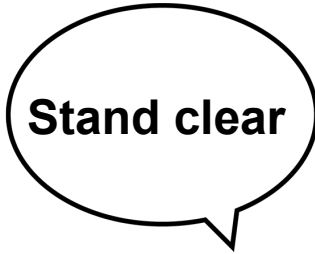
When the pads are on the defibrillator will tell you to stop CPR and it will check their heartbeat.

**Shock
advised**



The defibrillator will tell you if it needs to give the person a shock.

Stand clear



Shout **stand clear** and make sure no one is touching the person.



You can then press shock on the defibrillator.



The defibrillator will let you know when it is safe to do CPR again.

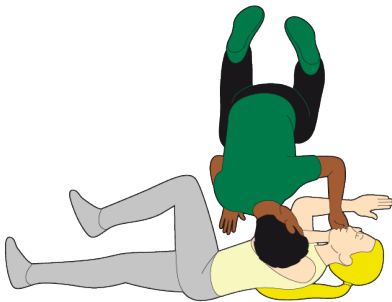


The defibrillator might need to give another electric shock. You should keep doing CPR until the defibrillator tells you to stop.

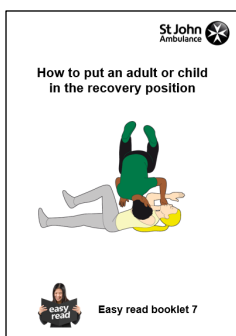
When to stop CPR



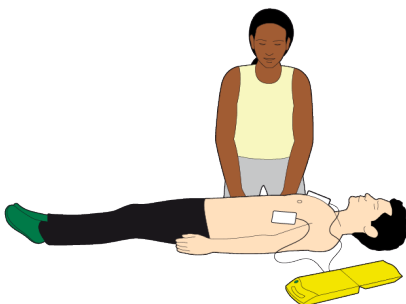
Do CPR until a health expert comes or you are too tired to keep going.



If the person starts to breathe normally by themselves, you can put them in the **recovery position**.



Booklet 7 tells you how to put an adult or child in the **recovery position**.



Do not turn off the defibrillator or take the pads off the person.

Thank you for reading booklet 8

Thank you to A2i for the words
www.a2i.co.uk (reference 368711)