

Defibrillator

Defibrillators are life saving devices that can help save the life of someone experiencing a sudden cardiac arrest. They are easy to use, with clear step-by-step instructions so anyone can use them, from a bystander to a trained professional.

Beeston Regis now has its own defibrillator which is located in the old telephone box at the bottom of Britons Lane.



4 steps to take if someone is having a cardiac arrest

Cardiac arrests can happen to anyone, at any time. The following steps give someone the best chance of survival. If you come across someone in cardiac arrest:

1. Call 999
2. Start CPR

To learn how to perform CPR, follow these simple steps:

- Step 1: Shake and shout
- Step 2: Check for normal breathing
- Step 3: Call 999
- Step 4: Give 30 chest compressions
- Step 5: Give two rescue breaths
- Step 6: Repeat until an ambulance arrives

3. Ask someone to bring a defibrillator if there's one nearby
4. Turn on the defibrillator and follow its instructions.

Defibrillation is a treatment for life-threatening cardiac dysrhythmias, specifically ventricular fibrillation (VF) and non-perfusing ventricular tachycardia (VT). A defibrillator delivers a dose of electric current (often called a counter-shock) to the heart. Although not fully understood, this process depolarizes a large amount of the heart muscle, ending the dysrhythmia. Subsequently, the body's natural pacemaker in the sinoatrial node of the heart is able to re-establish normal sinus rhythm. A heart which is in asystole (flatline) cannot be restarted by a defibrillator, but would be treated by [cardiopulmonary resuscitation \(CPR\)](#).