



St Andrew's First Aid



Your nearest defibrillator:

Please write clear location instructions here. Draw a map if it makes things clearer

- **If you find someone is unresponsive and not breathing normally, ask a helper to call 999 or 112 for emergency help while you start CPR**
- **Always start CPR immediately - then use the defibrillator**
- **If a trained First Aider is not available, please follow the voice commands given when you turn on the defibrillator (paediatric pads may be needed)**
- **Defibrillators can be used on any adult and on children over 1 year old**
- **A defibrillator is safe. It will not allow a shock to be given unless the heart rhythm requires it**
- **We recommend First Aiders take our 3 hour defibrillator training to build skills and familiarity. For more information please visit www.firstaid.org.uk/courses/using-an-aed**
- **Your defibrillator automatically performs self-tests regularly to check it is ready for use. We recommend you inspect your device regularly to ensure the pads are in date and the battery hasn't expired.**

If you need to replace your defibrillator pads or batteries, order now at www.firstaid.org.uk/supplies or call 0300 4 666 999 option 1/option 3 (we are available Monday – Friday 9am to 5pm)