



TERLING AND FAIRSTEAD PARISH COUNCIL

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DID YOU KNOW?

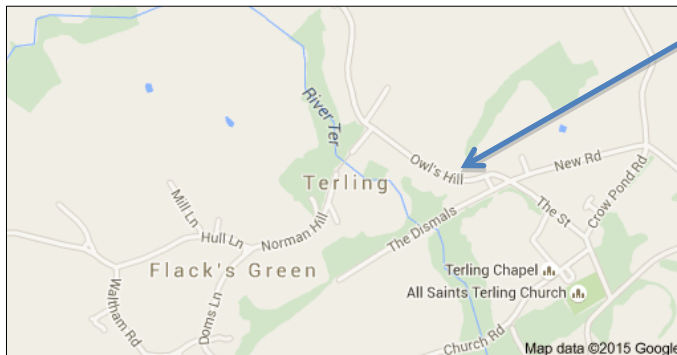
For every minute someone is in cardiac arrest their chances of survival decreases by 20% - so early intervention with Cardiopulmonary Resuscitation (CPR) and a **defibrillator** is critical in the vital minutes before ambulance clinicians arrive at the scene.

Research has shown that medical assistance must be given within 5 minutes of a cardiac arrest.

It's practically impossible for an ambulance to reach Terling or Fairstead in this time.

DO YOU KNOW WHERE OUR DEFIBRILLATOR IS LOCATED?

INSIDE THE OLD BT PHONE BOX, OWL'S HILL, TERLING



Due to the generosity of a local resident, in 2011 a defibrillator was installed in the old BT phone kiosk on Owl's Hill, Terling.

WHAT TO DO IN AN EMERGENCY?

- In the event of a suspected cardiac arrest phone **999**.
- Give the address of where the ambulance is required, answer the operator's questions, and commence CPR – they will talk you through how to do this. At this point **state that you live close to a Community Public Access Defibrillator (cPAD)**. *The location and access code is known by the Ambulance Service, but you need to make the 999 Call Handling Centre Operator aware, as not all Operators will automatically search for a cPAD device, if not already showing on their screen, unless directed to do so.*
- Provided you have someone with you who can stay with the patient and who can continue to administer CPR, the operator give you an access code to get into the box to access the defibrillator machine
- Once you have returned to the patient, open or switch on the defibrillator. The device will prompt you how to use it. It is very simple, just follow the spoken prompts and continue to listen to the advice given by the 999 Operator and await the arrival of the ambulance.

PLEASE FAMILIARISE YOURSELF WITH THIS PROCEDURE – IT COULD SAVE A LIFE