

HOW TO USE AN AUTOMATIC EXTERNAL DEFIBRILLATOR (AED)

Higham Parish Council have installed 3 Defibrillators in the village - they are in yellow cabinets in the following locations:

- On the fencing around the Pavilion on the Recreation Ground School Lane
- On the outside of the Doctors Surgery Hermitage Road
- On the outside of the Train Station



We have previously held some demonstrations of how to use the equipment in an emergency. Sessions will be organised next year as soon as Covid Guidelines allow in the meantime here are some reminders of what to do if someone is unconscious and their heart has stopped beating.

- 1 Dial 999, ask for Ambulance, and COMMENCE CPR (cardiopulmonary resuscitation) - this is absolutely vital.
- 2 If someone can get to the AED/Defibrillator while CPR is in progress, the Ambulance Service will give you the code to access the AED.
- 3 Use of the AED is self-explanatory - it literally tells you what to do.

This short video shows you how to do CPR and how the AED works.

https://www.youtube.com/watch?v=nSU5wNEYI_Y

The Parish Council aims to install another AED in the village - every minute counts in getting these vital pieces of equipment to the unconscious person.