Update on the Defibrillator:

*In last months Gazette, readers were informed that the Phone box was to be repainted by the LVIG. Our thanks to those involved. This is the first repaint since the original restoration in 2017 after the box was purchased from British Telecom, refurbished and the defibrillator installed with LPC funds. It has been accessed twice in that period. For those unfamiliar with the background, the unit is checked roughly every week, the checks logged and the inside (and outside – depending on the conditions!) of the box are cleaned regularly. In 2017 a training session was held for residents on how to use the defib most effectively in an emergency and the guidelines adopted are included here as a refresher. If any resident would like more information please contact the Clerk, Gareth Rees*

the following is a summary of  *of the key points* to remember, issued at the time.

**If someone has collapsed, is unconscious, stopped breathing and you suspect that he/she is having a Cardiac arrest, then the most important action that you can take is to** **DIAL 999 AND COMMENCE CPR\*.**

**YOU ONLY GO FOR THE AED IF THERE IS A 3rd PERSON WITH YOU.**

**SPEED OF ACTION IS THE KEY.**

**STAY CALM**

***If there is only you and the casualty:***

1. **DIAL 999 IMMEDIATELY**
2. **CHECK THE AREA IS SAFE.**
3. **LAY THE PATIENT FLAT ON THEIR BACK**
4. **CHECK AIRWAYS ARE OPEN AND COMMENCE CPR.**
5. **CONTINUE CPR UNTIL THE FIRST RESPONDER OR AMBULANCE ARRIVES**

***If there is you, the casualty and one other person*:**

***YOU START CPR IMMEDIATELY AS ABOVE*.**

***The 3rd person***

1. **PHONES 999 IMMEDIATELY.**
2. **INFORMS AMBULANCE SERVICE THAT A COLLEAGUE IS GIVING PATIENT CPR**
3. **INFORMS AMBULANCE SERVICE THAT HE/SHE IS AVAILABLE TO GET THE AED/DEFIBRILLATOR**
4. **GIVE THE LOCATION AS LOCKINGTON VILLAGE (or Location AAH77)**
5. **REQUESTS THE CODE TO OPEN THE “DEFIB SAFE”**
6. **BRINGS THE AED TO THE CASUALTY.**
7. **FOLLOW THE VOICE INSTRUCTIONS ON THE AED. IT IS EASY TO USE.**

**\*CPR ( Cardio Pulmonary Resuscitation)**

* **Every member of the village over the age of 14 should know how to do CPR. It is the most important lifesaving technique for a range of accidents from drowning to cardiac arrest.**
* **Knowledge of CPR can and does save lives.**
* **If you do not know how to do CPR, learn from a friend or colleague who does know.**
* **Please view the excellent “You tube” videos on both CPR and how to use the AED (defibrillator)**

*The AED is checked weekly by a “Guardian”, working on a rota shared between the Parish Councillors. Please also check it yourselves as you go past. If you see anything that concerns you, please report it immediately to any Parish Councillor.*