**Foxton Defibrillator**

**Location: on the wall outside the Foxton village hall pavilion**

The Parish Council would like to raise awareness about the defibrillator and how to use it for a cardiac arrest.

The defibrillator is maintained by the Parish Council and Foxton sports clubs.

**The British Heart Foundation advises:**

A defibrillator is a device that can be used to shock the heart back into a normal rhythm during cardiac arrest. Those available to the public work automatically and provide instructions and will not deliver a shock unless one is necessary.

You don’t need to be trained to use a defibrillator – anyone can use it and they are simple and easy to use. The defibrillator issues clear, spoken, instructions on how to attach the defibrillator pads. It then assesses the heart rhythm and will only instruct you to deliver a shock if it’s needed. You can't deliver a shock accidentally.

**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 *The operator will provide an access code to open the defibrillator cabinet*
2. Start CPR
3. Ask someone to bring the defibrillator if there’s one nearby (if no one is available to get one, listen to the emergency operator for further instructions)
4. Turn on the defibrillator and follow its instructions.

The defibrillator cabinet holds the key to the gate for entry to the recreation ground in case ambulance access is required.

The Foxton defibrillator is inside a carry-case within the cabinet. The adult pads are permanently fixed. The paediatric pads - which should be used on children below the age of 8 - are in a pocket at the rear of the case. These have to be swapped for the adult type at the time of use. The adult pads can always be used on children in an extreme emergency.

It is important that the pads are placed on bare skin (there is a plastic safety razor in the bag to remove any chest hair) and it is important to remove any clothing or undergarments that may contain metal from the patient. This is because the device delivers an electric charge, which can cause the skin to burn, where it’s touching something metal. However, these are things that should be done in a perfect scenario. In an emergency it’s better to have the device working than not at all.

For further information and a useful video clip click follow the link below:

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators>