

Emergency Guide: How to Use the New Allotment Defibrillator

A new automated external defibrillator (AED) is located by the **Allotment gates (corner of Liphook Road and May Close)**. It is in a yellow cabinet for protection but is accessible 24/7.

Anyone can use this machine to save a life. You do not need formal training.

Step 1: Call 999 Immediately

- Tell the operator your location: **Allotment gates, Liphook Road / May Close**.
- Tell them you have a defibrillator nearby.
- Send someone to collect the AED from the cabinet. You will not need a code to open the door.

Step 2: Start CPR

- While someone fetches the AED, start chest compressions.
- Push hard and fast in the centre of the chest (100–120 beats per minute).

Step 3: Open the AED and Turn It On

- Open the case and press the flashing **Power** button (some models turn on automatically when opened).
- The machine will immediately start speaking to you.
- **Follow its voice instructions exactly.**

Step 4: Attach the Pads

- Pull the sticky pads out of the packet.
- Peel off the plastic backing.
- Attach them to the patient's bare chest exactly as shown in the pictures on the pads.

Step 5: Stand Clear

- The machine will tell you to stop CPR while it analyses the heart rhythm.
- **Do not touch the patient** during analysis.
- If a shock is needed, this machine will automatically deliver a shock to the patient.
- *Note: The machine is 100% safe. It will never deliver a shock unless the patient absolutely needs it.*

Step 6: Resume CPR

- The machine will tell you when it is safe to touch the patient again.
 - Resume CPR immediately until the paramedics arrive or the machine tells you to stop.
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Remember: Using the defibrillator alongside CPR within the first few minutes can increase survival odds from under 10% to over 50%. Keep an eye out for our upcoming community training days!