

How to use a Defibrillator

Defibrillators are very easy to use. Although they don't all look the same, they all function in broadly the same way. The machine gives clear spoken instructions. You don't need training to use one.

If you come across someone who is not breathing or breathing erratically, the most important thing is to call 999 and start CPR to keep the blood flowing around the body. After a cardiac arrest, every minute without CPR and defibrillation reduces someone's chance of survival by 10 per cent.

- If you're on your own, don't interrupt the CPR to go and get a defibrillator. If it's possible, send someone else to find one. When you call 999, the operator can tell you if there's a public access defibrillator nearby.
- Once the defibrillator is open and in position, all you have to do is follow the spoken instructions. Many defibrillators will also have diagrams or a screen to help you. The defibrillator detects the heart's rhythm, it won't deliver a shock unless one is needed.

Often you'll need to press the shock button although some fully automatic defibrillators will deliver the shock themselves. You should resume CPR as soon as instructed by the defibrillator.

When somebody collapses in front of you, what do you do?

1. Check the person over. If they are not responsive and not breathing, then their heart has stopped working and they are having a cardiac arrest.
2. Now, call **999**. Then you do hands-only CPR.
3. Lock your fingers together, knuckles up. Then push down, right on the breastbone in the centre of the chest. Push down five or six centimetres. That's about two inches. Push hard and fast about two times a second, like to the beat of Stayin' Alive. Don't worry about hurting someone. A cracked rib can be mended – just concentrate on saving a life.
4. Keep this up until the ambulance arrives.

So don't forget. Check them over. Call 999. Push hard and fast to Stayin' Alive. It works.

Hands-only CPR. It's not as hard as it looks.



Who are Buchan Community Safety Group?

BCSG address local safety issues and collaborate with Partners (such as Police Scotland and Scottish Fire & Rescue Service), initiating projects to resolve them.

The aim is to have a wide representation of like-minded folk across the area to facilitate these projects.

BCSG services the area from Peterhead, south to Cruden Bay and Hatton, north towards St Combs and west to New Pitsligo and Auchnagatt.

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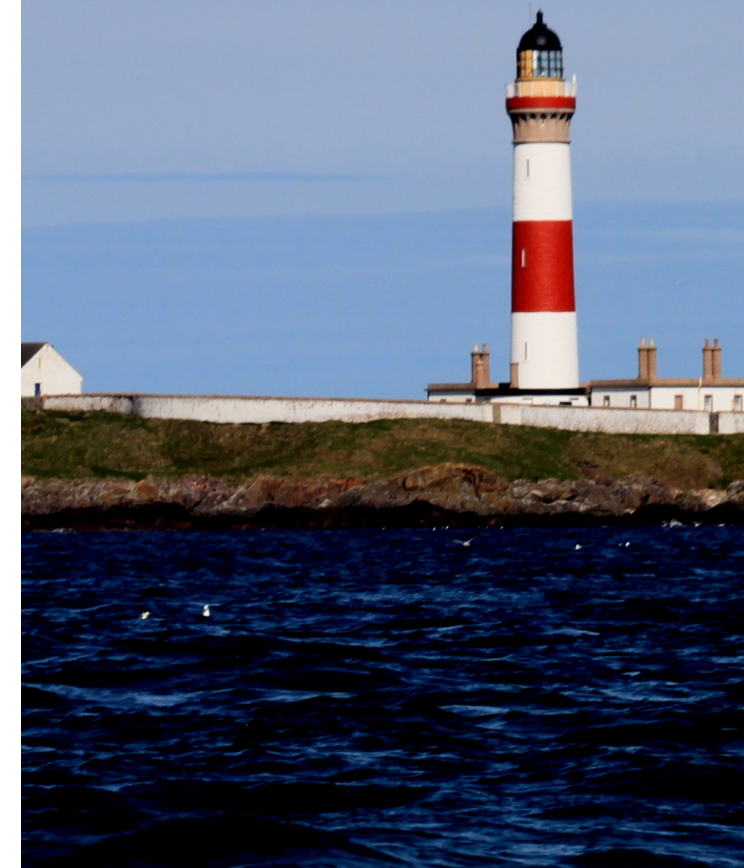
aberdeenshirecommunitysafety.org.uk



Defibrillators

Coastal Buchan

Crimond—St Fergus—Peterhead—Boddam
Cruden Bay—Hatton





PETERHEAD TOWN MAP

24 Hour Access Defibrillators



- Boddam—Park Garage**
 - 36 Harbour Street, Boddam, AB42 3AU
- Buchanhaven Pharmacy**
 - 23 Skelton Street, AB42 1HR
- Buchan House**
 - St Peter Street, AB42 1QF
- Catto Park Recreation Pavilion**
 - Balmoor Terrace, AB42 1EP
- Crimond Primary School**
 - 23 Logie Road, Crimond, AB43 8QL
- Hatton Community Hall**
 - Station Road, Hatton, AB42 0HZ
- Peterhead Community Centre**
 - Queen Street, AB42 1QQ

Defibrillators



- ASDA Peterhead**
 - Longside Road, AB42 2FY
- Balmoor Stadium**
 - Balmoor Terrace, AB42 1EP
- Cruden Bay Golf Club**
 - Aulton Road, Cruden Bay, AB42 0NN
- Peterhead Bowling Club**
 - St Mary Street, AB42 1TB
- Peterhead Community Hospital**
 - Link Terrace, AB42 2XB
- Peterhead Fire Station**
 - 1 Grange Road, AB42 1RG
- Peterhead Golf Club**
 - Craigewan Links, AB42 1LT
- Peterhead Masonic Club**
 - 20 Broad Street, AB42 1BY
- St Fergus Hall**
 - Hall Road, St Fergus, AB42 3QD