

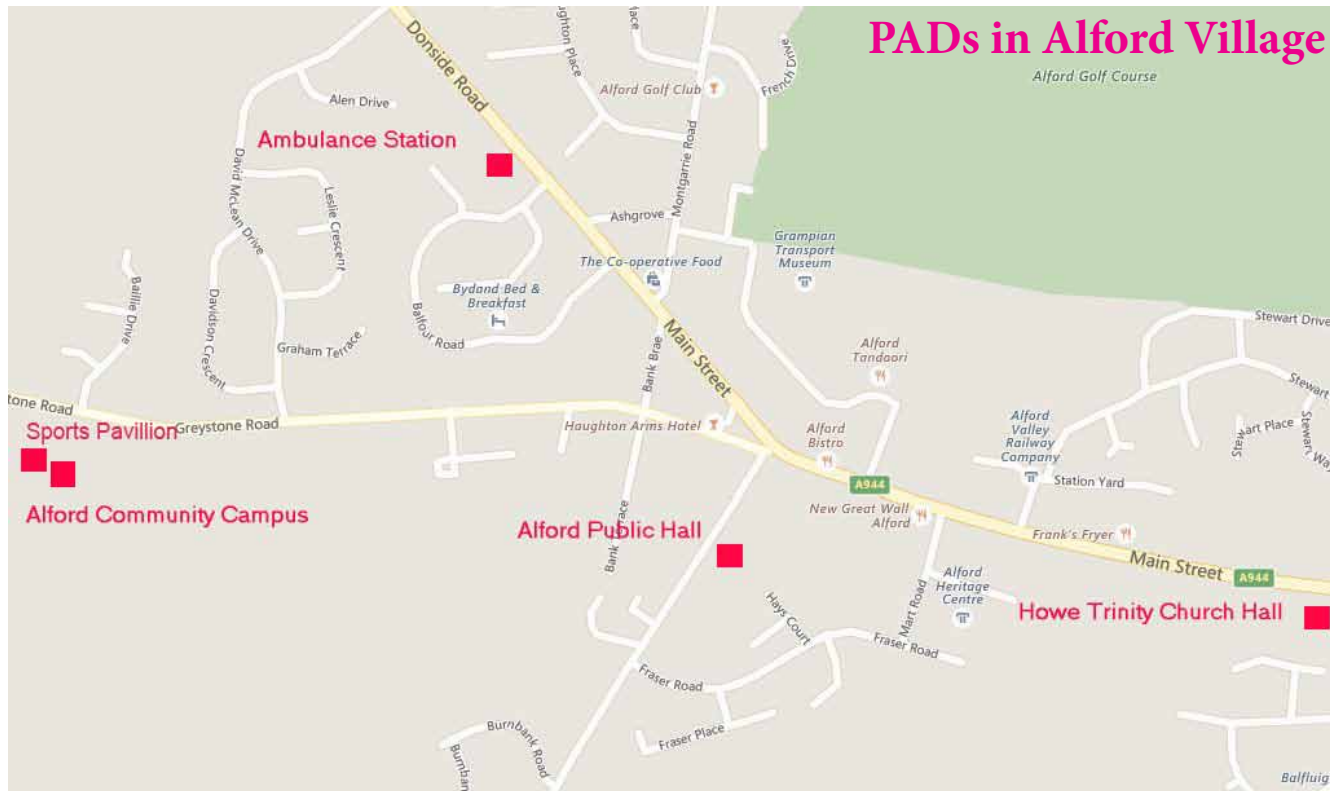
The statistics for heart attacks in the UK are alarming, with around 270,000 people suffering a heart attack each year, about a third of whom die before reaching hospital. Sudden cardiac arrest is a leading cause of premature death but, with immediate treatment, many lives can be saved. The swift use of a defibrillator, with its visual and verbal instructions, make it very easy to use and can make a critical difference by delivering an electric shock to re-start the heart. Early defibrillation can triple a person's chance of survival.

Due to our rural location, speedy access to the ambulance service is not always possible, therefore training as many people as possible in the life skill of CPR along with the familiarisation of the PADs is vital.



Public access defibrillators (PADs) - greatly increase survival rates after a cardiac arrest.

The life-saving machines are stored in weather-proof, unlocked boxes and are fully automated, running using an internal battery. Once turned on the device talks the user through the steps, including CPR and patient analysis and it only delivers a shock if required – meaning; there is no chance of incorrect usage.



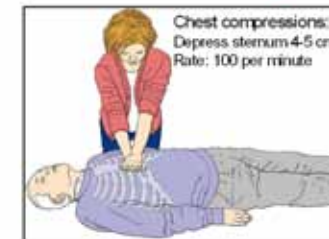
Public Access Defibrillators in Donside



Having access to a defibrillator is great, but

do you know how to keep someone alive before the defibrillator arrives?.....

Get trained - **Simple Skills Save Lives**



Supported by



Free Training - Heart Start

- if you are interested, give us your details



Free British Heart Foundation heart-start courses in CPR and in the use of a defibrillator are continuing in the area.

They can be arranged by contacting Alicia Murray - tel: 019755 81142 (email: alicia.murray1@aol.com) or Edna Matthews - tel: 019755 62309 (email: ed2mat@aol.com)

Glenkindie Central Garage
AB33 8RE



Kildrummy Inn
AB33 8QS

**LUMSDEN: School AB54 4JR,
Village Hall AB54 4GQ &
SSW AB54 4JN**



Tullynessle & Forbes Hall
AB33 8QN



Glenbuchat Hall AB36 TS



Goodbrand and Ross
AB36 8YL



Lonach Hall
AB36 8UN



Towie Hall
AB33 8RN



Keig School
AB33 8BH



Monymusk Hall
AB51 7HJ