

## Defibrillators and CPR

There are two defibrillators in Leigh on Mendip. Together with performing Cardio Pulmonary Resuscitation (CPR), you could save a life (or someone could save yours).

### Where are they?



Memorial Hall, BA3 5QH



Recreation Field Clubhouse, BA3 5QP

Note – There is also a public defibrillator in the old telephone box at Downhead, BA4 4LQ.

## CPR and Defibrillators

A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest. This high energy shock is called defibrillation, and it's an essential part in trying to save the life of someone who's in 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:

- Call 999 – to get an ambulance and access code to the defibrillator
- Start CPR
- Ask someone to bring a defibrillator if there's one nearby (call 999 for access code if not yet obtained)
- Turn on the defibrillator and follow its instructions.

The first two steps above are critical. If you are alone or unable to summon a helper, provide CPR until Emergency Medical Services arrive.

You don't need to be trained to use a defibrillator – anyone can use it. There are clear 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 cannot deliver a shock accidentally; the defibrillator will only allow you to shock if it is needed.

Click [here](#) for a video which demonstrates the principles of giving CPR.

Click [here](#) for a demonstration of using the HeartSine 500P Automatic External Defibrillator (like we have in the village).

Click [here](#) for St John Ambulance advice on giving CPR and use of a defibrillator.

NB Ring 999 to get the access code to open the defibrillator cabinet (Your initial 999 operators can advise the nearest defibrillator and its access code).

## How to request a local training session

In a recent survey, three quarters of people said they wouldn't feel confident enough to act if they saw someone having a cardiac arrest. That is why the Leigh on Mendip Parish Council has previously arranged training sessions and will arrange more when requested. Information will be provided about CPR (cardio pulmonary resuscitation) and scenarios of how to use the defibrillator in different circumstances. You will also learn how the system is linked to the Ambulance Service.

All Leigh on Mendip parishioners are welcome to this training. Do come along and find out what to do – you never know when you might have to put your knowledge into practice. Once there are enough applicants a date will be arranged.

**Training will not be possible at present due to COVID restrictions but please register your interest and you will be informed when further training can be arranged.**

Booking is required; please leave your name with any of the [Parish Councillors](#) or the Parish Council Clerk

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Guardians - volunteers who perform fortnightly checks of the defibrillators to ensure they are always ready for when you need them.

Vikki & Martin, our very own local qualified first aid trainers

If you would like any further information or have any comments please contact a [Parish Councillor](#) or the Parish Council Clerk (01761 418737 or [clerklom@gmail.com](mailto:clerklom@gmail.com) )

Leigh on Mendip Parish Council

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