

# CPR Saves Lives

**A cardiac arrest is when the heart suddenly stops beating.**



**We need YOU to look inside and learn how to do CPR and use a defibrillator.**



Don't be scared to use the defibrillator; you don't need any training. It is very clever and will tell you exactly when to deliver a safe shock.



The defibrillator will check for a heartbeat every two minutes. It is very important that you keep doing CPR and follow the defibrillator's instructions. Keep going until you are exhausted, professional help arrives, or the person shows signs of life.

**If you would like more information or need assistance with a community defibrillator please e-mail:**  
**SaveALifeCymru@wales.nhs.uk**



Remember a cardiac arrest can happen anywhere, to anyone and at any age... even you.

Watch this video and see how easy it is to do CPR



[www.gov.wales/save-a-life-cymru](http://www.gov.wales/save-a-life-cymru)

**Make sure your defibrillator is registered on the National Defibrillator Network**  
[www.thecircuit.uk](http://www.thecircuit.uk)



All defibrillators registered on The National Defibrillator Network, are available to the ambulance service to support 999 calls in the community.



ACHUB BYWYD CYMRU | SAVE A LIFE CYMRU



Ymddiriedolaeth GIG  
Gwasanaethau Ambiwylans Cymru  
Welsh Ambulance Services  
NHS Trust

# Easy Guide to CPR

## Check response.

Gently shake the person's shoulders.



## Check breathing.

Look and listen for signs of normal breathing. Look for the even rise and fall of their chest. You could put your ear or cheek close to the person's face but only if you feel it's safe to do so.



## If not breathing or not breathing normally call for help.

Call 999 and ask for an ambulance. The call handler will explain exactly what you need to do and will guide you through how to perform CPR.



## Start chest compressions.

Push hard and fast in the centre of the chest and continue until the ambulance arrives.



# Know the Facts

## CPR is safe

The risk of infection from CPR is low. If you're worried, you could place a piece of cloth over the person's mouth and nose before starting chest compressions.

## Any CPR is better than doing nothing

Without quick action, the person will die. Any CPR is better than no CPR.

## It's important to press down hard

When a person is in cardiac arrest, you cannot make the situation any worse. By acting fast and starting CPR you will give the person the best chance of survival. Don't worry if you break a rib.

## Be a good Samaritan

You won't be sued if you are trying your best to help someone who is having a cardiac arrest.

## So, what's stopping you?

We need your help. We need more people like you to give CPR and defibrillation a go. With your help we can save more lives.

# How to Use a Defibrillator

When you dial 999 the ambulance call handler will instruct you where the nearest registered defibrillator is and, if locked, will give you the code to open the cabinet.



**Do not stop CPR to fetch the defibrillator; continuing with CPR is more important than leaving the patient to get a defibrillator.**

Defibrillators are devices that can help someone who is having a cardiac arrest and are found in cabinets in many places in the community.



Remove the defibrillator from the cabinet, and take it to the patient. Open the lid of the defibrillator, switch on the machine, and follow the verbal instructions.

