



**Kent** Fire &  
Rescue Service

together

# Restart a Heart



## The Heart

Your heart works like a pump sending blood around your body. This allows the blood to deliver oxygen and nutrients to all parts of your body so your organs and muscles work properly.

## Cardiac Arrest

A cardiac arrest is caused by an electrical problem in the heart which then stops pumping blood around the body and brain.



## CPR

Cardiopulmonary resuscitation (CPR) is a simple life-saving technique given to someone in cardiac arrest. The aim of CPR is to take over the job of the heart and lungs by using chest compressions to keep the blood pumping around the body.

## Defibrillator

A defibrillator is a device that gives a jolt of energy to the heart. It helps get the heart beating again when someone is in cardiac arrest and their heart has stopped.



You can find a defibrillator at your local fire station

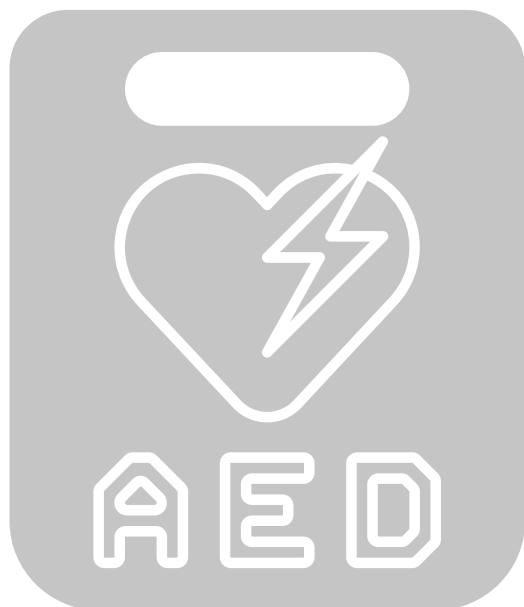


# 57 FIRE STATIONS across Kent

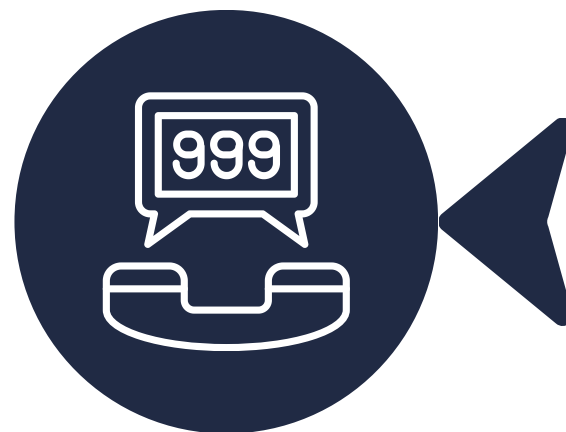
“It’s really important for people to learn CPR because you never know when potentially you might be in a position where you can save someone’s life”



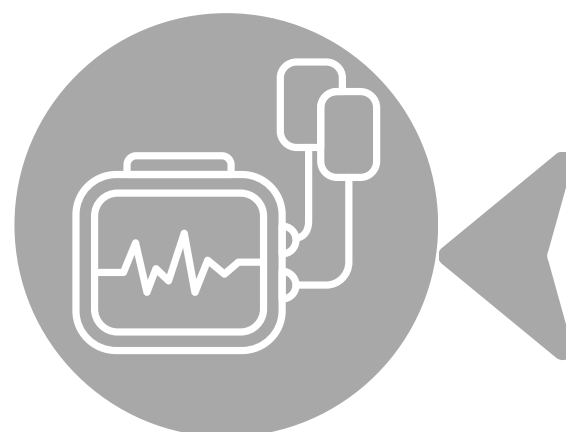
- James, Immediate Emergency Care Trainer



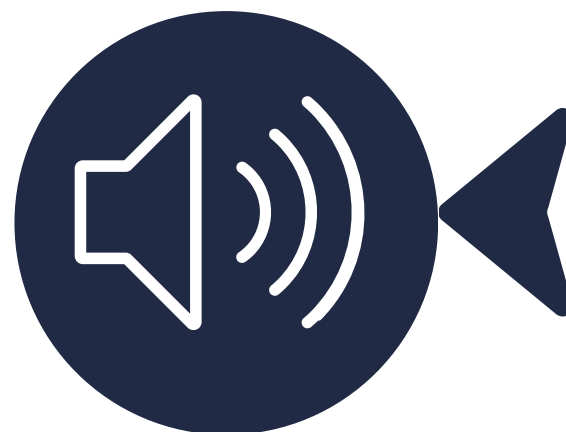
You will find  
AED's  
(automated  
external  
defibrillators)  
the front of  
our fire  
stations



If someone is in cardiac arrest call **999** and start CPR



**Anyone** can use a defibrillator. You don't need training.



Once you turn it on, it will give you **clear step-by-step** instructions



The device will check the heart's rhythm and **only shocks if needed**

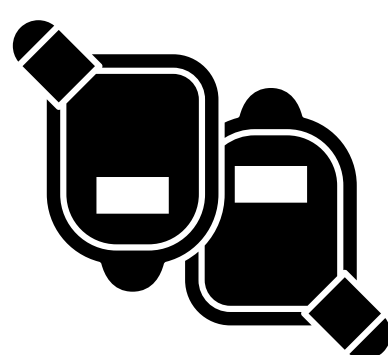
## HOW TO USE A DEFIBRILLATOR



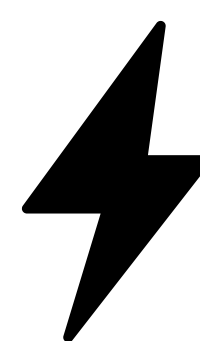
Press the green button to switch on the defibrillator and follow the verbal instructions



Remove the person's clothing above the waist



Peel off the sticky pads and attach them to the person's chest as shown by the pictures on the device



The defibrillator will decide whether a shock is needed. If so, it will tell you to press the 'shock' button



The defibrillator will tell you when the shock has been given and whether you need to continue CPR.