



CPR AND DEFIBRILLATOR TRAINING

Introduction

- The defibrillator at **New Milton Station** is located on the right, outside of the Ticket Office.
- The code to access the defibrillator is the same across the network and has been provided by the Trainer on the British Heart Foundation **Call Push Rescue** card. (www.bhf.org.uk/cpr)
- If you do not have the card with you, the code will be provided by **999** once you make the emergency telephone call.
- Clearly state the person isn't breathing or you are unsure when asked.
- In the case with the defibrillator there are shears and a razor. The former to cut through clothes and bras, the latter to shave a chest to ensure the defibrillator pads adhere to bare skin.
- If the person has a pacemaker, it is usually, but not always, on the left. Ensure that the defibrillator pad is not put on top of the pacemaker.
- The defibrillators are automatic or semi-automatic. They give verbal instructions, analyse the situation of the heart and provide constant shocks until the heart starts. It will only give shocks if necessary.

CPR on an adult

- Check for **D**anger, glass, electricity or trip hazards
- Check for a **R**esponse. Firmly shake the person's shoulders and loudly ask if they're okay, or gently squeeze their ear lobe.
- **S**hout for help. If there is someone with you, ask them to find a defibrillator and/or
- call 999. If you do not have a mobile phone, call 999 via the Help point on the platform.



- Check **A**irways by putting the heel of the hand on the forehead and gently tipping the chin up to see if anything is in the mouth, this action will move the tongue forward. If there is anything in the mouth, try and flick it out.
- **B**reathing can be checked with a mirror, mobile phone or you can feel the breath on your cheek. Bend down and listen for about 10 seconds. If the person is unconscious and not breathing, or not breathing normally....

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- Start **CPR**. Place the heel of one hand on the centre of the chest, place your other hand on top, and interlock your fingers. Press down hard and fast, at a rate of 100-120 compressions per minute, and at a depth of about 5-6 cm (2-2.5 inches).. Try pushing to the beat of Stayin' Alive by the Bee Gees, Nelly Elephant or any similar tune.
- CPR is quite tiring so helpful if there is more than one person to take it in turns.
- If available, turn on the AED and follow its voice prompts. Attach the pads to the person's bare chest as shown in the diagrams on the device. Do not touch the person whilst administering the shocks for your own safety. Keep doing this until professional help arrives.