

ULTRA ACCESS

National CPR (and AED) Week

Raising awareness for CPR and the usage of AED's

National CPR and AED Awareness Week in Britain is observed annually from June 1st to 7th each year.

What is CPR and what are AED's?

CPR an abbreviation of **Cardiopulmonary Resuscitation**, which is a First Aid technique first introduced in Britain in the 1960's, which combined several other techniques (mouth to mouth, open airways and chest compressions) into one.

Only to be used when someone's breathing or heartbeat has stopped, and only after thorough checks to the individual.

AED's are **Automated External Defibrillators** ("Defibs"), which are portable electronic devices that can deliver an electrical shock to help restore a persons heart rate.

They are designed to be user-friendly and can be used by anyone, even those without significant medical training.

Advice from the **British Heart Foundation** is that CPR should be administered when someone is, unconscious/unresponsive and not breathing.

999/112 Emergency Services should also be contacted as soon as said CPR is administered as standard practice - as even if the CPR is successful in reviving the individual, they should receive professional checkups afterwards at Hospital or by trained Paramedics on location "just encase".



An example of a standard AED device

AED's can be used prior to any CPR carried out (or during/after if an AED isn't immediately to hand) on the unresponsive individual, with several steps to be taken to ensure maximum efficiency:

- Check the individual's breathing rate.
- Call 999/112, (without leaving the individual).
- Place them flat on their backs, ensuring that their head is tilted back, and airways are open, ready for any CPR.
- If an AED is to hand - open/cut/remove away their upper body clothing surrounding the chest area, checking it is switched on, charged up and by following the instructions within the device.
- If not, begin administering CPR...

Ultra Access is in no way an expert or authority on the usage of AED's or CPR, but has produced this publication to help raise awareness on this potentially life saving topic, however we will explain more in the accompanying CPR Administration Guide - [#ultacc010625b](#), in the hopes that it will help save lives...

ULTRA ACCESS
Scaffold Technical Support

www.ultra-access.co.uk
UADIP: #ultacc010625a