COATES

*Source of the Thames*

**HOW TO USE THE DEFIBRILATOR**

The British Heart Foundation (BHF) website <https://www.bhf.org.uk/cpr> provides step-by-step guides on how to use a defibrillator, also known as an AED (Automated external Defibrillator) and on how to administer cardiopulmonary resuscitation (CPR).

The BHF website also has free interactive CPR training. All you need is a mobile phone or tablet and a cushion. It only takes 15 minutes.

Once you turn on the defibrillator it will give clear audio instructions on how to attach the defibrillator pads. The device checks the heart rhythm and will tell you to shock if it’s needed.

There is a defibrillator attached to the outside wall of the village hall, which can be removed for use. Another is available at the RDA stables.