

# Whitburn Parish Church increases the number of Community Access Defibrillators along the coast



With continued generous funding from one of our parishioners, we have been able to purchase a further three more Community Access Defibrillators with cabinets (in addition to the two already purchased) and have them installed along the coast road A183.

This extends the coverage from **Whitburn Community Library**, in East Street via **Latimer's Seafood** at Shell Hill, along to **The Bay Fish and Chip shop** and restaurant near South Bents estate, then on to **The Grand Hotel**, Queen's Parade in Seaburn and finally to **Adventure Sunderland** on Roker foreshore.

This funding has enabled Whitburn Parish Church extend its contribution to the local community as it has co-ordinated the planning, purchase, distribution and fixing of the cabinets and their contents. Each machine has a Guardian who will check its functioning on a weekly basis and then report back to NEAS each month. We are fortunate that we have a co-ordinator from the church and volunteer Guardians who monitor each machine. We are also grateful to NEXUS for printing AED signs on bus timetables in bus stops near to the location of each of our defibrillators.

So far, we have held one Defibrillator training event, delivered by the North East Ambulance Service at Latimer's Seafood and attended by staff from Latimer's and volunteers from Whitburn Library.

Further training events will be organised for people who work in establishments along the coast so that they are aware and are then trained in when and how to use these life-saving machines.



## What is a Community Access Defibrillator (Cpad)?

A cPAD is a defibrillator that is available to members of the public, 24 hours a day, to use in the case of a life-threatening emergency. In the north east, we know that only 8.7% of patients who had resuscitation attempted on them survived to be discharged from hospital. A victim's chance of survival falls by around 7 to 10 percent with every minute that defibrillation is delayed. When a heart stops beating, oxygen is not being transported to the brain and other vital organs, and within four to five minutes, brain damage will start to occur without intervention.

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Many organisations have defibrillators, which are machines that can be used to attempt to correct someone's heart rhythm if they are in cardiac arrest, which is vital in the first few minutes to increase the chance of survival.

However, many of these are not available to the public to use or not available 24 hours per day which can mean that a vital life-saving piece of equipment is unavailable for over fifty per cent of the time. With cPAD sites, the machine is available to members of the public 24 hours a day, either because it is in a building that is permanently open, such as a hotel, or it has been placed in a special cabinet on the outside of a building. These machines have been registered with the ambulance service, so that in a life-threatening emergency, the caller can be told where the nearest defibrillator is and asked if someone can retrieve it. If the cabinet is locked, then the caller would be given the access code.

### **4 steps to take if someone is having a cardiac arrest**

Cardiac arrests can happen to anyone, at any time. The following steps give someone the best chance of survival. If you come across someone in cardiac arrest:

1. Call 999
2. Start CPR
3. Ask someone to bring a defibrillator if there's one nearby
4. Turn on the defibrillator and follow its instructions.

Community defibrillators

Community Public Access Defibrillators (cPADs)

## **Advice on administering CPR**

### **Hands-only CPR**

To carry out a chest compression:

1. Place the heel of your hand on the breastbone at the centre of the person's chest. Place your other hand on top of your first hand and interlock your fingers.
2. Position yourself with your shoulders above your hands.
3. Using your body weight (not just your arms), press straight down by 5 to 6cm (2 to 2.5 inches) on their chest.
4. Keeping your hands on their chest, release the compression and allow the chest to return to its original position.
5. Repeat these compressions at a rate of 100 to 120 times a minute until an ambulance arrives or you become exhausted.

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When you call for an ambulance, telephone systems now exist that can give basic life-saving instructions, including advice about CPR.

These are now common and are easily accessible with mobile phones.

### **CPR with rescue breaths**

If you have been trained in CPR, including rescue breaths, and feel confident using your skills, you should give chest compressions with rescue breaths.

If you're not completely confident, attempt hands-only CPR instead.

#### **Adults**

1. Place the heel of your hand on the centre of the person's chest, then place the other hand on top and press down by 5 to 6cm (2 to 2.5 inches) at a steady rate of 100 to 120 compressions a minute.
2. After every 30 chest compressions, give 2 rescue breaths.
3. Tilt the casualty's head gently and lift the chin up with 2 fingers. Pinch the person's nose. Seal your mouth over their mouth, and blow steadily and firmly into their mouth for about 1 second. Check that their chest rises. Give 2 rescue breaths.
4. Continue with cycles of 30 chest compressions and 2 rescue breaths until they begin to recover or emergency help arrives.

#### **Children over 1 year old**

1. Open the child's airway by placing 1 hand on their forehead and gently tilting their head back and lifting the chin. Remove any visible obstructions from the mouth and nose.
2. Pinch their nose. Seal your mouth over their mouth, and blow steadily and firmly into their mouth, checking that their chest rises. Give 5 initial rescue breaths.
3. Place the heel of 1 hand on the centre of their chest and push down by 5cm (about 2 inches), which is approximately one-third of the chest diameter. The quality (depth) of chest compressions is very important. Use 2 hands if you can't achieve a depth of 5cm using 1 hand.
4. After every 30 chest compressions at a rate of 100 to 120 a minute, give 2 breaths.
5. Continue with cycles of 30 chest compressions and 2 rescue breaths until they begin to recover or emergency help arrives.

#### **Infants under 1 year old**

1. Open the infant's airway by placing 1 hand on their forehead and gently tilting the head back and lifting the chin. Remove any visible obstructions from the mouth and nose.

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2. Place your mouth over the mouth and nose of the infant and blow steadily and firmly into their mouth, checking that their chest rises. Give 5 initial rescue breaths.
3. Place 2 fingers in the middle of the chest and push down by 4cm (about 1.5 inches), which is approximately one-third of the chest diameter. The quality (depth) of chest compressions is very important. Use the heel of 1 hand if you can't achieve a depth of 4cm using the tips of 2 fingers.
4. After 30 chest compressions at a rate of 100 to 120 a minute, give 2 rescue breaths.
5. Continue with cycles of 30 chest compressions and 2 rescue breaths until they begin to recover or emergency help arrives.

**If you would like to find out more about a training event near you, then please contact the North East Ambulance Service for details call · 0300 777 2717.**