



Your nearest defibrillator:

Please write clear location instructions here. Draw a map if it makes things clearer.

- **If you find someone is unresponsive and not breathing normally, ask a helper to call 999 or 112 for emergency help while you start CPR**
- **Always start CPR immediately - then use the defibrillator**
- **If a trained first aider is not available, please follow the voice commands given when you turn on the defibrillator (paediatric pads may be needed)**
- **Defibrillators can be used on any adult and on children over 1 year old**
- **A defibrillator is safe. It will not allow a shock to be given unless the heart rhythm requires it**
- **We recommend first aiders take our 3 hour defibrillator training to build skills and familiarity. Visit sja.org.uk/aed for more information**
- **Your defibrillator automatically performs self-tests regularly to check it is ready for use. We recommend you inspect your device regularly to ensure the pads are in date and the battery hasn't expired. If you need to replace your defibrillator pads or batteries, please visit sja.org.uk/shop.**