

# HOW TO USE A DEFIBRILLATOR

## 1. Switch on the defibrillator

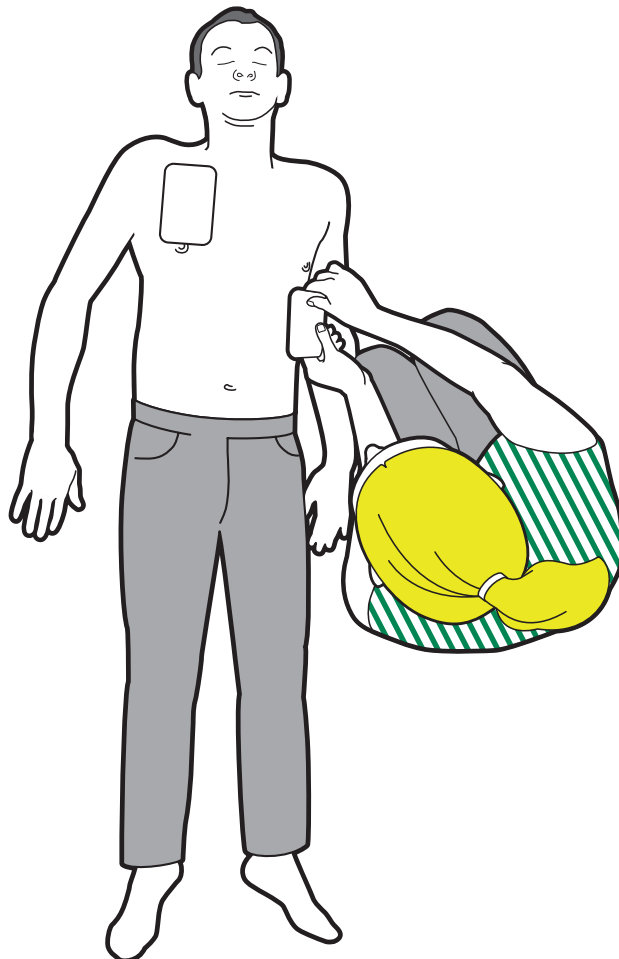
- Remove or cut through clothing and wipe away sweat from the chest if necessary

## 2. Stick on the pads

- Attach the pads to the casualty's chest in the positions indicated on the pads

## 3. Follow the instructions

- Follow the voice and/or visual prompts given by the machine.



Learn first aid.

Help save lives.

Be the difference.

More life saving techniques and videos can be found on our website.

[sja.org.uk](http://sja.org.uk)