

What is a Defibrillator?



If a persons heart has stopped or is not beating properly call 999



A defibrillator can be used to shock the heart to get it restarted



Anyone can use a defibrillator



You do not need to be trained because it comes with instructions

Defibrillators can be found in different places including:



Shopping centres



Community buildings



Train stations

CPR



By performing CPR you give someone the best chance of survival