I'm sure you've heard of a defibrillator, but do you know when to use one and do you have the confidence to do so?

What is a defibrillator?

A defibrillator or AED (automated external defibrillator) is a small device that can recognise sudden cardiac arrest and, in combination with CPR, can save the life of someone who has suffered from cardiac arrest.

In fact, if used in fewer than five minutes after a casualty has collapsed, their chance of survival increases from less that a 1 in 10 chance to greater than 7 in 10.

Defibrillators might sound a bit scary, but they're designed to be really user-friendly. Once the electrodes are placed on the casualty's chest – and there are pictures to show you where they go – the unit will analyse the heart rhythm. A shock will only be issued if needed. This means you can't accidentally perform shock treatment.

The units are designed to be used by anyone, whether trained to use one or not, but we appreciate that you will be faster and more confident if you have undertaken training. For this reason, we offer free AED training if you purchase a unit from us. This training includes CPR training which is vital for a casualty who has suffered cardiac arrest.

If you have any questions about using a defibrillator or purchasing a unit from us, please don't hesitate to contact us.