



EVERY SECOND COUNTS

Cardiac arrest occurs when a person's heart stops pumping blood around the body and they stop breathing normally.

Early defibrillation can save a life. The chances of successful defibrillation decline at a rate of about 10% with each minute of delay, so early Cardio Pulmonary Resuscitation (CPR) and defibrillation is essential for survival before emergency services arrive on the scene.

PADs are now available in these locations thanks to the generosity and support of many local businesses and community groups.



Download our Locator APP

Search for 'PAD Guernsey' on iPhone and 'Defib Locator' on Android. Download today **for free**.



WHAT IS A DEFIBRILLATOR?

A defibrillator or Automated External Defibrillator (AED) is a piece of life-saving equipment which, when used with CPR, can aid survival after a sudden cardiac arrest.

They are electrical devices that analyse the heart rhythm and administer an electric shock, if necessary, to restore a normal heart rhythm after someone has had a cardiac arrest.



WHAT IS A PUBLIC ACCESS DEFIBRILLATOR?

Now available around Guernsey and Herm, PADs give verbal instructions to guide a member of the public through each step with no prior training required, whilst waiting for the ambulance to arrive.

If you are with someone who is unresponsive and not breathing, or not breathing normally, then follow these steps to use the Public Access Defibrillators while the St. John Emergency Ambulance Service are on their way.

HELP US RAISE MONEY TO SUPPORT THIS PAD SITE PROJECT

VISIT WWW.CAG.ORG.GG OR WWW.GIVING.GG



YOUR GUIDE TO

PUBLIC ACCESS DEFIBRILLATOR (PAD) SITES

IN THE BAILIWICK AND HOW TO USE THEM



JANUARY 2017

EMERGENCY FIRST AID

ENSURE YOUR OWN SAFETY

CALL 999

IF UNRESPONSIVE AND NOT BREATHING?

PERFORM CPR

CHEST COMPRESSIONS X 30

RESCUE BREATHS X 2



HOW TO USE A PAD



www.cag.org.gg

1



Call 999 for the access code to open the cabinet

2



Enter the code

3



Turn on the defibrillator, follow the instructions and push hard and fast in the middle of the chest

SAVE A LIFE TODAY!

For more information contact the **Cardiac Action Group**
Email info@cag.org.gg call 07781 129 539 or visit www.cag.org.gg

THANKS TO THE FOLLOWING COMPANIES FOR SUPPORTING THIS CAMPAIGN



your **HANDS**
can **save** a loved one's **LIFE**

FIND THE PUBLIC ACCESS DEFIBRILLATORS

Look out
for this sign



WHERE TO FIND THE INTERNAL LIMITED ACCESS DEFIBRILLATORS AND 24 HR PUBLIC ACCESS DEFIBRILLATOR (PAD) SITES *IN ST PETER PORT*



INTERNAL LIMITED ACCESS DEFIBRILLATORS

(not all registered AED's are listed below)

1. Ambulance Station
2. Amherst School
3. Beau Sejour, Amherst
4. Boots the Chemist, High Street
5. BUPA Wellness, Frances House
6. Co-op Locale, Royal Terrace, Gategny Esplanade
7. Creasey's, High Street Shop (Lingerie Department)
8. Fire Station, Town Arsenal
9. Guille - Alles Library, Market Square
10. Heritage Hall, Le Marchant
11. Police Station, Hospital Lane
12. Princess Elizabeth Hospital, Le Vauquiedor, St Andrew
13. Sir Charles Frossard House, Charroterie
14. Social Security, Wheadon House
15. Tourist Information Centre, North Esplanade

24 HR PUBLIC ACCESS DEFIBRILLATORS

1. Church Square
2. Co-op Locale Market Store
3. Inter Island Quay
4. La Vallette Bathing Pools
5. St James Concert Hall

HAVE YOU GOT A DEFIBRILLATOR?

Register it today! Call 07781 129539

For more information about internal AED's contact the Cardiac Action Group.



KEY:

- PUBLIC ACCESS (24 hr access)
- INTERNAL LIMITED ACCESS (not 24 hr access)

your **HANDS**
can **save** a loved one's **LIFE**



LIFT
UP FOR
ISLAND
MAP

WHERE TO FIND THE 24 HOUR PUBLIC ACCESS DEFIBRILLATOR (PAD) SITES



FIND THE
PUBLIC ACCESS
DEFIBRILLATORS

Look out
for this sign



KGV (25)
Playing Fields Clubhouse



KGV (26)
Playing Fields Astro turf



St. Sampson (27)
Polar Offices Garene Park



St. Sampson (28)
High School



St. Sampson (29)
Co-op Grand Marché



St. Sampson (30)
Douzaine Rooms Le Murier



Pembroke Bay (31)
Outside Men's Toilets



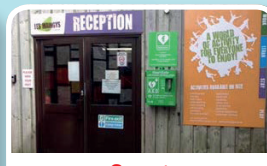
St. Sampson (32)
Northside Toilet



Cobo (20)
Community Centre



Saumarez Park (21)
Toilets



Scout Headquarters (22)
Rue Maingy



La Mare de Carteret (23)
High School



Rovers Athletics Ground (24)
Port Soif



Memorial Sports Field (18)
Footes Lane



Footes Lane (19)
Sports Complex



Co-op Locale (16)
Vazon



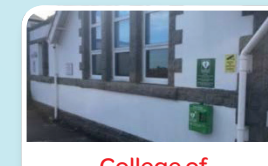
Vazon (17)
Vistas Café



Les Beaucamps (14)
High School



Grammar (15)
School



College of Further Education (33)
Delancey Park



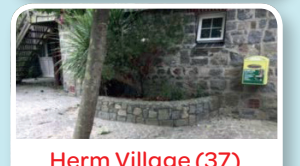
Les Ozouets Campus (34)
Princess Royal Centre for Performance Arts



Elizabeth College Sports Field (35)
Kings Road



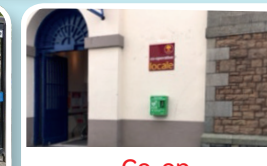
Herm Island (36)
Shop



Herm Village (37)
within the cobbled courtyard at the top of the hill



Town Church (1)
Phone Box



Co-op Locale Market (2)
St. Peter Port



St. Peter Port Harbour (3)
Inter Island Quay



La Vallette (4)
Bathing Pools



St. James Concert Hall (5)
St. Peter Port



C5 Alliance (6)
Gibauderie



Rosaire Court (7)
Rosaire Avenue



L'Eree (13)
Toilets



Portelet Café (12)
Pleinmont Kiosk



St. Saviour (11)
Community Centre



Co-op Grand Marché (10)
St. Martin



Jerbourg (9)
Car park



Co-op Locale (8)
Longstore

KEY:

PUBLIC ACCESS (24 hr access)

INTERNAL LIMITED ACCESS (not 24 hr access)



SAVE A LIFE TODAY!

Support the Guernsey Cardiac Action Group to make donations
Email info@cag.org.gg call 07781 129539 or visit www.cag.org.gg

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