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.

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

sja.org.uk