

Pupil Alex Cowes survived cardiac arrest thanks to teachers using the school defibrillator



When pupil Alex Cowes collapsed during a PE lesson at Fulford School in York, staff recognised it was no ordinary collapse. Teachers worked together to carry out CPR and used the school's defibrillator to shock Alex's heart back into action. The result was that Alex was sitting up and talking when Paramedics arrived and took him to Hospital. Yorkshire Ambulance Service said that Alex's case highlighted why its so important to learn CPR and for schools to have defibrillators on site to provide early defibrillation. The combination of CPR and early use of the defibrillator gave Alex the best chance of survival. Alex made a good recovery and was able to complete his GCSEs.



Automated External Defibrillator

Can you afford not to have one nearby?

The Clock is Ticking from the moment a person goes into cardiac arrest.



The chances of survival diminish every minute that elapses

Immediate defibrillation 90%

After 2 minutes 75%

After 4 minutes 55%

After 6 minutes 36%

After 8 minutes 16%

After 10 minutes chances of survival are remote



Photo by kind permission of Luton News



Leaflet supported by Physio Control (UK)



SADS UK

Why do we need AEDs?

(Automated External Defibrillators)

Each year between 80,000 & 120,000 people suffer a cardiac arrest in a public place in the UK.

Cardiac arrest can affect anyone, sometimes even children. Speedy defibrillation saves lives.



Dame Helen Mirren says: "I support the SADS UK Big Shock Campaign to make defibrillators mandatory in schools. It is particularly tragic to hear of young people dying of cardiac arrest. I understand how important it is to defibrillate a person in cardiac arrest as quickly as possible to give them the best chance of survival. It makes sense that all schools should have this lifesaving equipment in place."

Tel 01277 230642

www.sadsuk.org

e-mail: info@sadsuk.org

Reg. Charity no. 1113681

Chelsea



Rosa



Daniel



“I want to say a big thank you for letting my school have a defibrillator, I feel much safer now”

Chelsea

“Having the defibrillator at school changes the way I feel when I am there. I feel more comfortable and secure knowing it is there for anyone who may need it”

Rosa

“I am delighted to have the protection of AEDs for Daniel at both his school and in the home”

Justine (Daniel’s mum)

Speedy Defibrillation Saves Lives

Having an Automated External Defibrillator (AED) at hand can save lives. An AED is a portable easy to use device that measures the heartbeat via sticky pads attached to the chest. The AED will deliver a shock via these pads to restart the heart if a person suffers cardiac arrest. It guides the operator at every stage giving clear and easy to follow instructions. It is so safe it can be used with only a little training.

Cardiac arrest

This is one of the major causes of death in the UK. It is the sudden severe disturbance of the hearts rhythm (arrhythmia) that stops the heart beating or causes it to beat so slowly or so fast that it cannot pump enough blood to sustain life.

When cardiac arrest occurs defibrillation is the only means of restarting the heart and preventing death.



London Ambulance Service **NHS**

NHS Trust

Joanne Nevett, Clinical Advisor to the Medical Director of the London Ambulance Service, said: *“With cardiac arrest it’s crucial to get appropriate treatment to the patient as fast as possible. In London we’ve done a lot of work to reduce time between cardiac arrest and defibrillation, and as a direct result have helped to save more people’s lives.”*

www.sadsuk.org

Registered in England and Wales No. 5679989
Office: Suite 6 Churchill House, Horndon Park,
West Horndon, Essex, CM13 3XD

The primary purpose of this leaflet is for guidance;
Specialist advice should be sought regarding heart conditions.

SADS UK 06/16

The SADS UK Big Shock campaign is urging Government to make defibrillators mandatory in all schools



SADS UK assists schools and organisations to put defibrillators on their premises, together with training. Please fill in your contact details below if you would like us to send you further information about obtaining a defibrillator.

This form may also be used if you would like to make a donation to support the work of SADS UK to save lives.

I am a UK Tax payer Yes

Signature Date

Name

Address:

.....

.....

Town

County..... Postcode.....

Gift aid donation £

**A JustGiving page may also be set up on
www.justgiving.com/sadsuk**

Return to: SADS UK, Suite 6 Churchill House, Horndon Park,
West Horndon, Essex, CM13 3XD