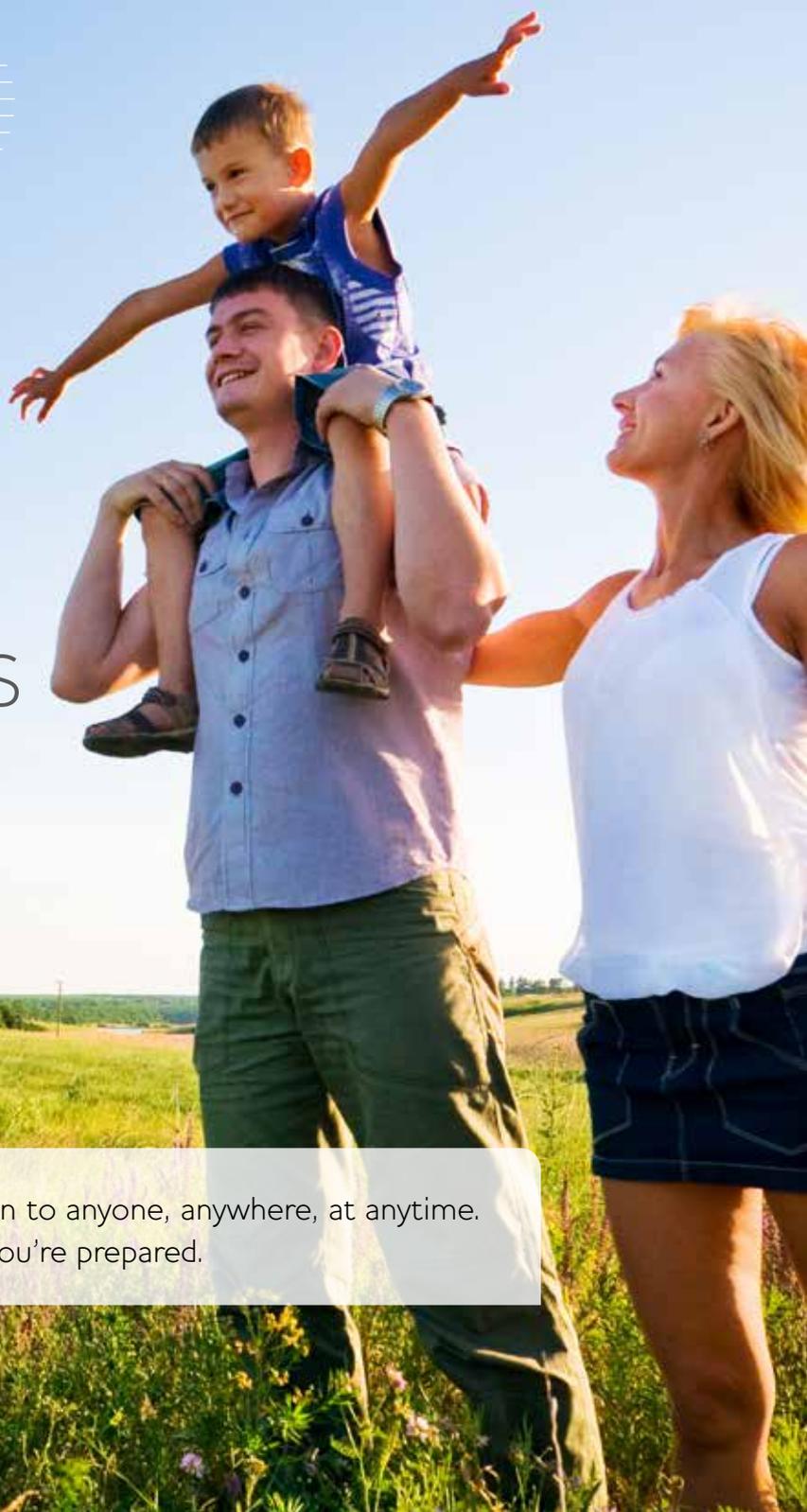


A series of horizontal white lines of varying lengths, arranged in a pattern that suggests a grid or a stylized letter 'A', set against a blue background.

# A GUIDE TO DEFIBRILLATORS

**HOW YOU CAN SAVE A LIFE**



A **Sudden Cardiac Arrest (SCA)** can happen to anyone, anywhere, at anytime. Read **Aero Healthcare's** guide to ensure you're prepared.



Every year more than seven million people globally suffer from a **Sudden Cardiac Arrest (SCA)** with no warning. And only five to 10% of those affected actually survive.

Read on to discover how you can make a difference for your colleagues, customers and the wider public and save a life by using defibrillation.

In this guide you'll learn:

- Sudden Cardiac Arrest stats and facts
- How a defibrillator can help
- How to effectively use a defibrillator
- Who should have a defibrillator
- Maintenance requirements for a defibrillator
- Key considerations when purchasing a defibrillator
- How Aero Healthcare can help you





## SUDDEN CARDIAC ARREST: WHAT YOU NEED TO KNOW

### WHAT IS IT?

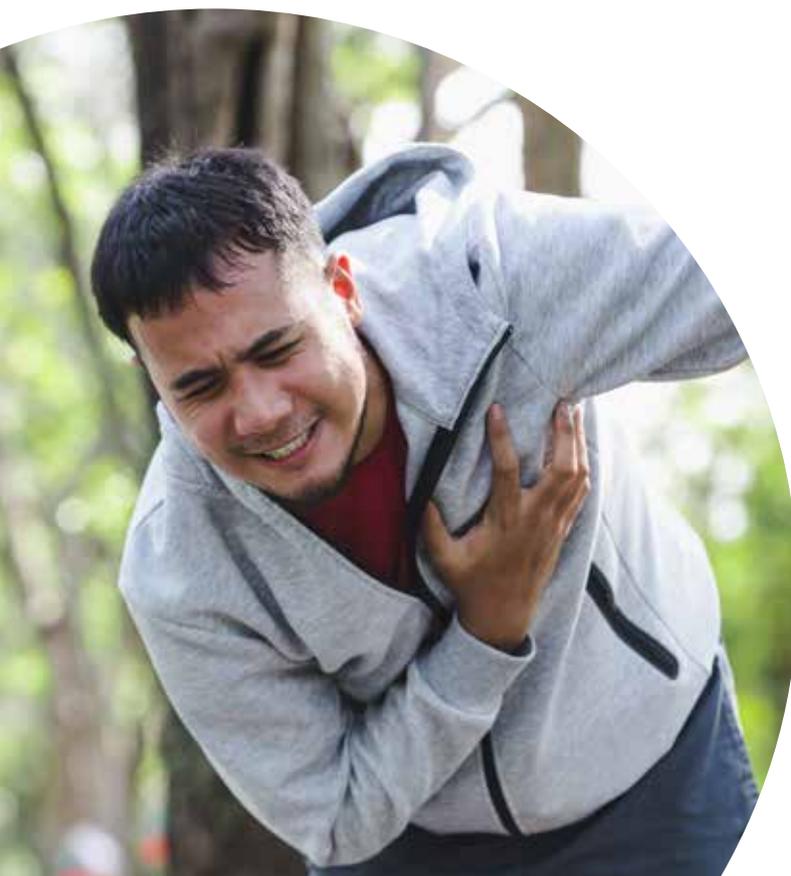
Sudden Cardiac Arrest (SCA) is when the heart enters a chaotic rhythm. It usually results from a disturbance in your heart that disrupts its pumping action, stopping the blood flow to the rest of your body.

It's a medical emergency that if not treated immediately, can cause Sudden Cardiac Death.

For example, here's what a "normal" heartbeat looks like:



And here's what happens to the heart when it experiences an SCA:



### HOW CAN YOU TELL IF SOMEONE IS EXPERIENCING AN SCA?

The symptoms of an SCA are immediate and include:

- Sudden collapse
- No pulse
- No breathing
- Loss of consciousness

And, it occurs with no warning.



## WHO CAN SUFFER FROM AN SCA?

Anyone, anywhere at anytime can be affected by an SCA.

However, there are risks that can increase the likelihood of them occurring.



**CONTACT US NOW**

Find out which  
defibrillator is  
best for you

### THIS INCLUDES:

- Having a family history of coronary artery disease or another form of heart disease / heart problems
- Smoking
- High blood pressure and cholesterol
- Obesity and diabetes
- Having a predominantly sedentary lifestyle
- Drinking too much alcohol
- Age – SCA likelihood increases with age
- Being male – men are two to three times more likely to suffer from an SCA than women
- Having had a heart attack before
- Using illegal drugs
- Nutritional imbalance such as low potassium or magnesium levels

### HOW SERIOUS ARE THEY?

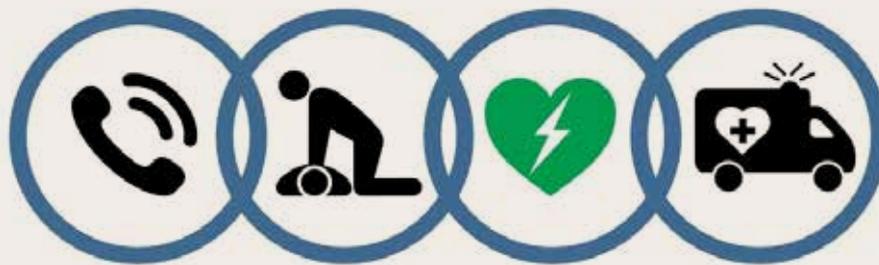
- Worldwide, seven million people are impacted annually
- More than 130,000 people in the UK suffer from an SCA out of hospital, every year (British Heart Foundation)
- Only five to 10% of people currently survive an SCA
- 84% of SCA events occur outside of a healthcare setting
- The average response time for emergency services is around eight to 10 minutes, and every minute that passes without defibrillation reduces survival rate by seven to 10%

Automated External Defibrillators (AEDs)  
can increase the survival rates for an SCA up to

**75%**



## CHAIN OF SURVIVAL



There are a few different defibrillator manufacturers, but at Aero Healthcare, we recommend devices that provide the best possible outcome when responding to a cardiac arrest. In addition, we believe that the devices selected should contribute to the best possible quality of life post Sudden Cardiac Arrest (SCA).

## WHAT IS A DEFIBRILLATOR?

According to the British Heart Foundation a defibrillator is:

“...a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest.”

The “shock” is called defibrillation, and it’s a lifesaving step in the chain of survival.

Definition of defibrillation in English:

**defibrillation** de · fib · ril · la · tion

**noun**

[mass noun]

**Medicine**

1. The stopping of fibrillation of the heart by administering a controlled electric shock, to allow restoration of the normal rhythm.

Source: [Oxford Dictionaries](#)



## WHY IS CPR SO IMPORTANT?

The most frequent heart rhythm witnessed during an SCA is ventricular fibrillation (VF), and the only treatment to overcome this is defibrillation.



For every minute that passes between collapse and defibrillation, the likelihood of surviving ventricular fibrillation (VF) SCA decreases by 10%.

However, when early and effective bystander CPR is provided, survival rates can double or triple. This highlights the importance of fast defibrillation coupled with effective CPR as key links in the chain of survival for SCA sufferers.

At Aero Healthcare we supply devices that deliver real-time verbal and visual feedback or CPR coaching to the rescuer to help improve CPR techniques.



**CONTACT US NOW**

Find out which defibrillator is best for you





Aero Healthcare partners with manufacturers that introduced the world's first mobile defibrillators in the 1960s to make defibrillation accessible to everyone. And, they are often known as **Public Access Defibrillators (PAD)**.



## WHAT MAKES OUR DEFIBRILLATORS DIFFERENT?

- They offer the quickest time to first shock – at just eight seconds. Every second counts as the chance of survival reduces by 10% per minute
- They shock in more cases than other AEDs available on the market, helping to save more lives.
- They have the highest industry IP rating of IP56 – which means it is protected against dust and water and therefore suitable for use in almost any environment.
- They use patented shock delivery technology - this delivers a more effective shock at lower energy levels reducing risk of heart damage and improving patient recovery time.
- They can shock someone with a chest impedance of 10-300 ohms - which is greater than other defibrillators available - therefore shocking in more cases resulting in more lives saved.
- They have a simple one-button operation, and voice and visual prompts for users, making them exceptionally easy to use by untrained and minimally trained rescuers.
- They can connect to remote monitoring systems making management of large fleets simple and cost effective.



**CONTACT US NOW**

Find out which defibrillator is best for you



## HOW DO YOU USE A DEFIBRILLATOR?

**If you come across someone who is unconscious and not breathing, do not waste time. International resuscitation councils recommend that you assume it is an SCA and act quickly.**

And, contrary to what people think, automatic external defibrillators can be used by anyone – no matter how old you are or whether you’ve even touched a defibrillator before, as they are designed for use by untrained and minimally trained users not just for healthcare professionals.



CPR stands for cardiopulmonary resuscitation and it's a lifesaving procedure that you give to someone who is not breathing spontaneously. It helps to pump blood around the person's body when their heart can't.

In addition, it can help to establish a shockable rhythm, helps prevent brain damage and limits cardiac and vital organ damage, whilst significantly increasing the chance of survival when a shock alone is not enough.





To perform CPR the **British Heart Foundation** recommends following these six steps:



1

Shake, shout and check for vital signs.



2

Check for normal breathing.



3

Call 999.



4

Get a defibrillator or send someone else if available, and commence CPR.



5

Give 30 chest compressions.



6

Give two rescue breaths\*. Repeat CPR until ambulance arrives.

\*If you are not trained in giving rescue breaths then simply continue uninterrupted CPR following defibrillator prompts

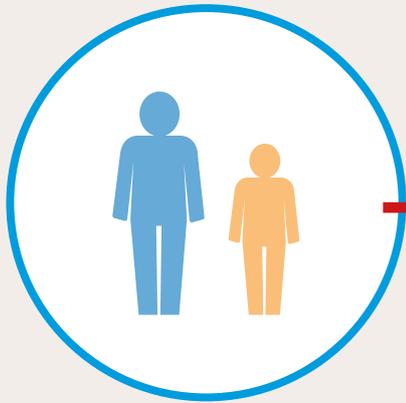
Defibrillators are very easy to use as the machines we recommend will give you clear spoken and visual instruction and you don't necessarily need any training on how to use one beforehand.

For example the HeartSine Samaritan PAD is a completely self-contained unit with no lid to open, or complex displays or controls. Its single button operation and voice/visual prompts with clear instructions guide the user through every step, including electrode pad application, shock delivery and CPR.

Advanced technology balanced against the demands of real-world use. Our innovation changes lives. And saves lives.



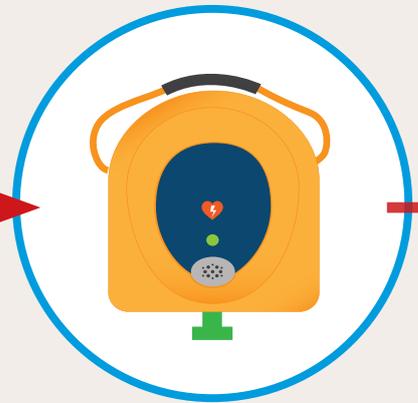
## USING A DEFIBRILLATOR



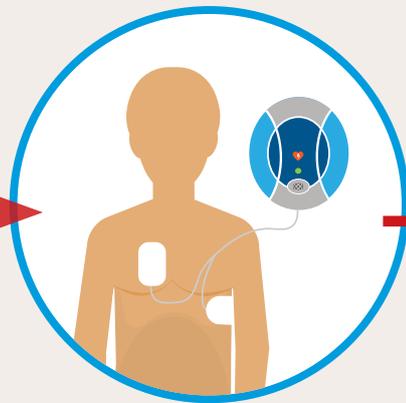
- **Adult Patient or Child Patient**  
- this determines which electrodes are inserted into the device.  
If Child electrodes are not available the guidelines set out by the Resus Council is that Adult electrodes should be used.



- **Call for Medical Assistance.**
- **Remove clothing from patient's chest to expose bare skin.**



- **Open and apply electrodes to patient's bare chest.**



- **Press electrodes firmly to patient's bare skin.**
- **If shock is advised the defibrillator will say: "Shock Advised, stand clear of patient, press the orange shock button now" "Shock delivered."**
- **A fully automatic defibrillator delivers a shock without further intervention following a warning.**



- **You will then be prompted to carry out CPR.**  
"Begin CPR, it is safe to touch the patient. Place overlapping hands in middle of chest, press directly down on the chest in time with metronome."
- **When two minutes of chest compressions have been completed the defibrillator will prompt you to stop chest compressions; "Stop CPR"**



- The defibrillator will again access the patient's heart rhythm; "Assessing heart rhythm, do not touch the patient."
- **Sometimes no shock is needed in a lifesaving situation, the defibrillator will advise you on this; "No Shock Advised" and will advise you to continue CPR.**



**DID YOU KNOW?**

13% of workplace fatalities are from Sudden Cardiac Arrest\*

## WHO SHOULD HAVE A DEFIBRILLATOR

There is no UK legislation that obliges businesses or premises to have an AED, but under English law, there can be liability in negligence for failing to take appropriate safety precautions on your site.

However, The Health and Safety Executive requires businesses to conduct a risk assessment, and if that identifies the need for an AED, the HSE recommends that your staff should be fully trained in its use.

In 2017 the Facilities Management Journal reported that a survey revealed that **52% of businesses** have never considered buying, or have bought, a defibrillator.



**TOP TIP**

We recommend that defibrillators are as accessible as possible. This should be a max 90-second brisk walk from any employee.

In its most recent guidelines<sup>†</sup> the Resuscitation Council said it “strongly suggests a policy of early attempted defibrillation” and it pointed out that with every minute of delay of defibrillation, the chances of survival diminish by **10%**, and after 10 minutes, the chances of survival are almost zero.

\* Occupational Safety and Health Administration, U.S. Department of Labor. | <sup>†</sup> Released in 2015



## EVALUATE YOUR RISKS

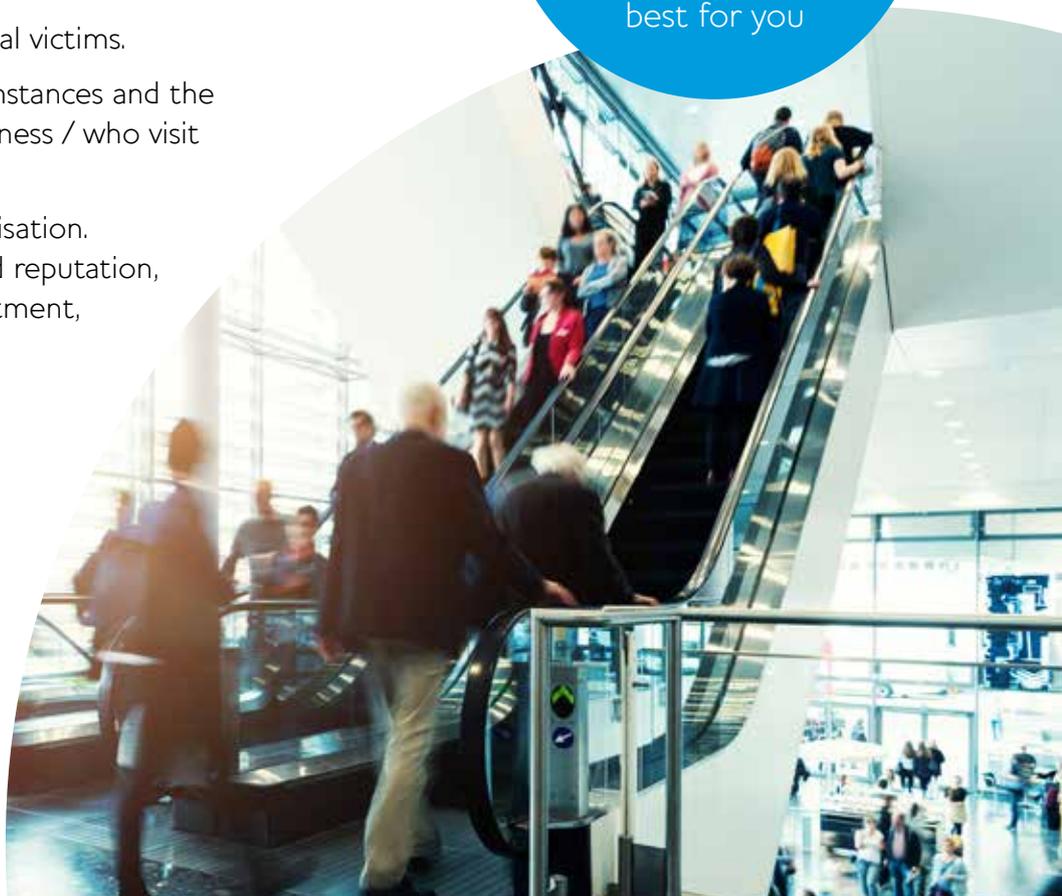
It's essential to consider the risks to your workforce and anyone else that visits your premises, to determine whether you should have a defibrillator on site.

Factors that increase the risk of an SCA:

- **An ageing workforce.** Whilst anyone at any age can be struck down by an SCA, the likelihood of one occurring increased with age. Ask yourself "how many people are over the age of 45?" – this can be particularly relevant for industrial or construction environments.
- **Urban locations** – which make it difficult for emergency responders to reach due to traffic, staircases, escalators and crowds of people.
- **Remote locations** – which may result in longer response times by emergency medical services.

We'd recommend considering:

- The likelihood of harm
- This will depend on who uses the facility / business
- How likely they are to have a cardiac arrest
- The severity of the potential harm
- The vulnerability of potential victims.
- This depends on the circumstances and the type of people in your business / who visit your premises.
- The damage to your organisation. This could be to your brand reputation, to employment and recruitment, and to your overall profits.





## WHERE SHOULD THEY BE LOCATED?

In short, defibrillators should be available in just about every location imaginable, as you never know when someone is about to be struck by an SCA. Remember, it can happen to anyone, anywhere, at anytime.

Defibrillators should be treated in the same way as fire extinguishers, so they should not be locked away in a cupboard, and should be easily accessible to everyone - when you have one on your business premises.

If you don't have a defibrillator in your business and someone suffers from an SCA, when you ring 999 you can ask the emergency services to identify the location of your nearest public AED. Then, they'll give you a key code to gain access to the device – as in public locations they are often protected so it remains secure.



For industries that have remote workers – such as offshore, windfarms and transport – public defibrillators will not be easily accessible, making the business case for a defibrillator very strong.

In addition, businesses that operate in the hospitality sector – such as restaurants and hotels – can occupy very large premises. It can therefore be difficult to get access to your nearest public AED if you're in a high rise building.

So, by investing in a defibrillator or multiple defibrillators (depending on your business set-up), you'll have complete confidence that your employees and customers will have easy access to life-saving devices in times of emergency.



## HOW DO YOU LOOK AFTER A DEFIBRILLATOR?

Many people are unaware that whilst they are technologically advanced and simple to maintain, defibrillators still need to be monitored to ensure they are fully functional and can work effectively when needed.

At Aero Healthcare, our defibrillators come with built-in technology that will give users warning signs of any issues, and we recommend organisations to check their devices weekly.

So what do you need to be aware of when maintaining your defibrillator?



### DEFIBRILLATOR MAINTENANCE REQUIREMENTS

#### Expiration dates

The batteries and pads in your defibrillator are the key functions that send the shock to the person suffering from an SCA. The pads connect the device to the patient and the battery provides the power to deliver the defibrillation shock.

Pads are single-use, and both the pads and batteries will have expiration dates, so it's essential that you keep an eye on when they'll need replacing.

At Aero Healthcare we supply a fully-connected defibrillator that features software that will monitor the status of your device, and will highlight if the pads or batteries need changing, if the batteries are fully charged, and if it is in good working order.

This benefits businesses that have multiple sites, and multiple defibrillators - as they are able to get an overview of the status of all the devices quickly and efficiently.





## CONNECTED DEFIBRILLATOR BENEFITS

- Connected via Wi-Fi or a cellular network.
- All information accessed via an online dashboard.
- Remotely monitor readiness information.
- Locate on a map and detect location changes.
- Receive alerts of any situation affecting readiness such as battery status.
- Be alerted when an AED has been used.
- Send SCA event data via Wi-Fi to emergency responders.
- Automatically send event data and reports to hospital and medical caregivers.
- Get notifications if batteries or electrodes are expiring.
- Eliminates manual checks and risks of human error.
- Helps you save time and money on device management.



### TOP TIP

When deciding on which storage option to choose, consider the environment that your defibrillator will be in.

### Storage

Your defibrillator should be easily accessible to everyone that may enter your premises, and in a location that is not obstructed.

There are a wide variety of storage options available, and at Aero Healthcare we offer a number of alternatives to meet your exact requirements.

This includes:

- Wall brackets
- Internal wall cabinets
- External wall cabinets
- Monitored cabinets
- Backpacks



For remote workers that have to travel a lot a mobile device in an easy-to-carry and move bag may be most appropriate. For construction workers the storage will need to be robust and protect the device from dust and water, so a sturdier, hard, protective storage solution would be most effective, and for environments such as a managed office or a hotel, a bracket fitted to a wall could be most suitable.

### CONSIDERATIONS FOR THE COLD WEATHER

Whilst the UK can experience long summer nights, we can be struck down by extreme cold temperatures too – which can lead to faults for defibrillators.

If you experience cold weather,  
we'd recommend following our four key tips:

1. If your defibrillator has been stored at temperatures below operating level – move it into a warm room to ensure it's good to go if it's needed.
2. If you keep your defibrillator in vehicle, wrap it in a thick garment, fleece or heavy foil blanket – this will help shield the AED from the cold temperatures and help prevent temperature related issues.
3. If you do have to use an AED that was in the cold and the pads are cold or stiff – warm them between the palms of your hands until they loosen before applying to the patient's chest.
4. Whilst the temperatures are extremely cold, it might be wise to check the status indicator of the AED to ensure the device is ready for use for the duration of extreme weather. And, if you need to move the device into a warmer position, be sure to place a note in its original spot to let people know where it is, and move it back once the cold weather has passed.



## KEY CONSIDERATIONS WHEN PURCHASING A DEFIBRILLATOR

So, you now understand the importance of defibrillation, and the need for a device in your business, but you need to convince your board of directors.

At Aero Healthcare, we can work with you to put your business case together, sharing details about the benefits of having a defibrillator on site and how they can mean the difference between life and death, and we can even help you present your case to your wider team to gain buy-in.

But now comes the tricky part – which defibrillator should you choose?

There are many alternatives available on the market, so it's essential that you choose wisely, and the device you select meets all your specific needs and requirements. As it's important to remember that they are not all the same, and device performance and clinical efficacy vary considerably. We'd recommend considering the following:

### DEFIBRILLATOR CHECKLIST

- |   |   |
|---|---|
| <p>1. Do you want a semi-automatic or automatic device? <input checked="" type="checkbox"/></p>   | <p>8. Does it come with minimum 8 years manufacturer's warranty? <input checked="" type="checkbox"/></p>  |
| <p>2. Does the defibrillator supplier offer training, and if so is this easily accessible to your employees? <input checked="" type="checkbox"/></p>  | <p>9. What is the IP rating of the device? <input checked="" type="checkbox"/><br/>This measures the machine's tolerance to dust and moisture. Ensure you look for products that have an IP rating of 55 or above and that they are tested to Military Standard 810F.</p> |
| <p>3. Where will it be located and how will it be stored? <input checked="" type="checkbox"/></p>   | <p>10. Does it offer CPR feedback? <input checked="" type="checkbox"/><br/>This is a feature that talks to the defibrillator user and tells them how to perform CPR and offers user feedback.</p>   |
| <p>4. How will it be monitored and maintained? Does the device offer remote monitoring? <input checked="" type="checkbox"/><br/>This is important as it allows you to access the status of multiple units across various sites.</p> | <p>11. What is the device's battery and electrode pad life? <input checked="" type="checkbox"/><br/>This is how long the battery and pads will be in "date" for, whether they are used or not.</p>  |
| <p>5. What's your employee demographics - and can the defibrillator "shock" everyone that is likely to be at your premises? <input checked="" type="checkbox"/></p>   | <p>12. How will you pay for the defibrillator – does the supplier offer finance options? <input checked="" type="checkbox"/></p>  |
| <p>6. How easy is it to operate? <input checked="" type="checkbox"/></p>  |   |
| <p>7. Does it come in different languages, do you need a second language? <input checked="" type="checkbox"/></p>   |   |



## HOW AERO HEALTHCARE CAN HELP YOU

Aero Healthcare is a manufacturer of first aid and medical consumables. We deliver a better user experience and more effective outcomes via products that represent long term value for money.

In addition, we're a global company, with offices in Australia, New Zealand, USA and main land Europe, as well as the UK - meaning we can meet all sorts of challenging requirements on an international scale.

So why should you choose Aero Healthcare for your defibrillator needs?

### WHY AERO HEALTHCARE?

#### IMPRESSIVE INFRASTRUCTURE

Defibrillators, consumable accessories and storage units are all ex-stock available for immediate delivery.

#### ON-GOING SUPPORT

We support you throughout all phases, selection, installation processes, training sessions and we check in to see how you're getting on.

#### EXTENSIVE DISTRIBUTOR NETWORK

We connect you to specialist suppliers in your industry.

#### SPEED AND EASE

We work hard to ensure your order is dispatched and delivered as quickly as possible, and our systems can be integrated into yours, making the ordering process seamless.

#### ACCURACY OF DELIVERY

We have a low level of returns, because we get it right first time, but on the rare occasion there is a mistake with an order we have a simple process to correct it.

#### INBUILT FLEXIBILITY

We can provide exactly what you need, regardless of your sector or requirements.

#### LIFELINK

We provide monitored systems to help you identify the readiness of devices across multiple locations.

It's really important to us that we help you provide the best possible outcomes when responding to medical emergencies, which is why we're partnered with globally renowned and innovative defibrillator manufacturers.





## ABOUT HEARTSINE DEFIBRILLATOR DEVICES

As the UK master distributor for HeartSine and Physio defibrillators, we supply four key models.



### The PAD500P

A semi-automatic defibrillator that is operated by using two buttons. It features clear and simple voice prompts for users, and visual prompts to assist the rescuer in noisy or multi-lingual environments. In addition, the 500P features unique patient specific CPR feedback which instructs the user to push harder, faster, slower or reassures you that you're doing it right.



### The PAD350P

A semi-automatic defibrillator that is operated by using two buttons. In addition, it provides audio prompts to users and metronome for CPR timing, and features visual representations of how to use the device.



### The PAD360P

A fully-automatic defibrillator that is operated by pressing one button. It will deliver a shock after a countdown, which means the user doesn't have to press the shock button. Similarly to the 350P it has CPR timing audio prompts and visual explanations.



### The LifePak CR2

A fully-connected defibrillator that has a built in response system. It allows you to track the readiness of the device – such as the battery, pad power and location – automatically. And, it offers audio prompts which can be set to two different languages.



## CONTACT US NOW

Find out which defibrillator is best for you

In addition to the specific features of each device, they also feature:

- A data port for downloading patient data.
- A self-test and indicator function that flashes “green” to confirm it is in working order, and will turn “red” and give an audible beep if there is an issue.
- A unique PAD-PAK, which is a combined unit of battery and electrodes that only needs to be replaced every four years or following an attempted save. This can be changed in fewer than five seconds, when required.
- The highest industry IP rating of IP56 which relates to protected against dust and water.
- The fastest time to first shock delivery – just eight seconds.
- A wider impedance operating range, when compared to other alternatives, as they can deliver a shock to 10-300 ohms.
- Patented “SCOPE” (Self Compensating Output Pulse Envelope) technology which is an escalating and low-energy waveform that automatically adjusts for patient impedance.

## And...

..the machines come with an eight year warranty, the longest manufacturer’s warranty available on the market. Our distributors also offer tailored training sessions, which can either be in person or online, depending on your requirements.





## WILL YOU HELP TO SAVE A LIFE?

See what some customers have said about our Aero Healthcare defibrillators:

“

We placed an order for 108 Lifepak CR2 defibrillators. This was following a number of visits and consultations with representatives from Aero Healthcare, who were able to offer advice and answer any questions raised by us. They also demonstrated the device options and they were able to link in with our IT department to iron over any technical hurdles.

”

“

The delivery arrived punctually and fully intact. We were able to promptly deliver the devices to their locations.

”

**Phil Hammond**

Inspector, B Division Operations, British Transport Police.

“

During the procurement process, the selection group which comprised employees from across the airline including Flight Crew, Cabin Crew, Airworthiness Engineers, First Aid Trainers and Health and Safety Advisors, worked closely with the North West Ambulance Trust (NWAT). They presented to us for consideration a number of possible devices, one of which was supplied by Aero Healthcare UK.

”

“

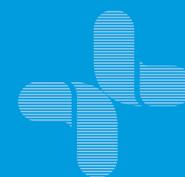
The sourcing and installation of AEDs throughout the entire fleet and across the company's UK bases was a key priority for Flybe.

”

**Mark Shakespeare-Fletcher**

Health, Safety & Environment Manager, Flybe.

Every year more than seven million people suffer from a Sudden Cardiac Arrest (SCA) globally with no warning. And only five to 10% of those affected actually survive.



But by using a defibrillator you can increase the chance of someone surviving from

**6% to 74%.**

## Contact Aero Healthcare today

Help to save someone's life today  
by procuring a defibrillator from  
Aero Healthcare.



For more information about our range of  
defibrillators and how you could benefit, simply  
get in touch with a member of our team who  
will connect you to your specialist distributor.

CALL **0845 604 8280**  
VISIT **[www.aerohealthcare.co.uk](http://www.aerohealthcare.co.uk)**



**HEALTHCARE | WE MAKE IT BETTER**