

Introduction

Cardiac arrest is one of the major causes of death in the UK, with around 60,000 occurring every year in the community. It can happen to anyone of any age and fitness.

Emergency services carry defibrillators with them, but only 20% of cardiac arrest victims are in a shockable rhythm when the emergency services arrive.

What is being done to help?

The Emergency services and communities are working together to increase the number of Public Access Defibrillators (PADs) on the Island. Cowes Town Council has worked closely with the Isle of Wight Ambulance Service to identify suitable locations in Cowes for the siting of PADs. Donations from the British Heart Foundation and The Wight Strollers have enabled the placement of additional life saving devices in our local community.

What you can do to help

PADs are designed to be used by an untrained person. They are located in public areas and are easily portable. Once turned on, they give verbal instructions and visible prompts to guide the user through the process of CPR and defibrillation until medical assistance arrives.

With bystander Cardio-Pulmonary Resuscitation (CPR) and the application of a defibrillator, the patient's chance of survival can increase from 5% to over 70%.

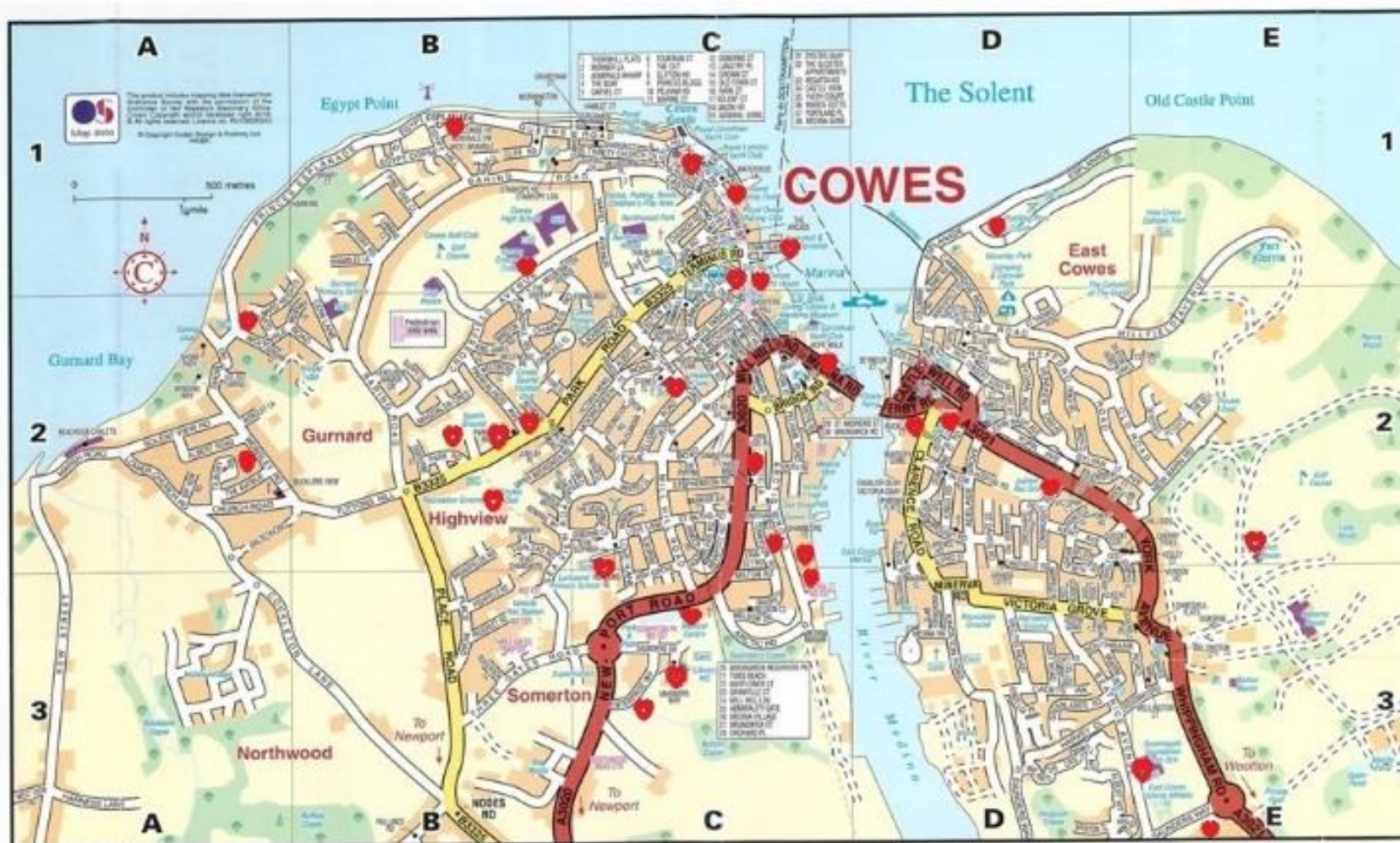
Without CPR and defibrillation the victim's chance of survival drops by 7-10% every minute.

You can find more information on CPR on the British Heart Foundation's website: www.bhf.org.uk

Your quick actions could save a life.

Map (left) shows the location of defibrillators in the area, marked with a ♥. A list is overleaf, with corresponding grid references on the map.

Last updated October 2018.



Where is my nearest PAD?

Amey House Dental Practice, 4 Terminus Road, Cowes (C1)
Bodywise Ltd, Unit 8 Enterprise Way, Somerton (C3)
Cherry Blossoms Care Home, Arctic Road, Cowes (C2)
Cherry Trees Care Home, 149 Park Road, Cowes (B2)
Cowes Enterprise College, Crossfield Avenue, Cowes (B1)
Cowes Fire Station/Police Station, Victoria Road, Cowes (C2)
Cowes Medical Centre, 200 Newport Road, Cowes (C3)
Cowes Yacht Haven, Vectis Yard, High St, Cowes (C1)
East Cowes Town Hall, York Avenue, East Cowes (D2)
GKN, Ferry Road, East Cowes (D2)
GKN, Saunders Way, East Cowes (E3)
Gurnard Press, 31 Worsley Road, Gurnard (A2)
Island Sailing Club, High Street, Cowes (C1)
Isle of Wight Community Club, Park Road, Cowes (B2)
Kynance Residential Home, 97 York Avenue, East Cowes (D2)
Lanesend Primary School, Love Lane, Cowes (C2)
Medina Wharf, PD Port Services, Arctic Road, Cowes (C3)
New Holmwood Hotel, 65 Queens Road, Egypt Point, Cowes (E2)
Northwood Cricket Club, Park Road, Northwood, Cowes (B2)
Osborne Golf Club, Osborne House Estate, East Cowes (E2)
Park Road Dental Practice, 169 Park Road, Cowes (B2)
Queensgate Foundation Primary School, Beatrice Avenue, East Cowes (E3)
Red Funnel, Red Jet Terminal, High Street, Cowes (C1)

Royal London Yacht Club, The Parade, Cowes (C1)
Shepards Wharf, Medina Road, Cowes (C2)
Shoreside Café, Esplanade, East Cowes (D1)
Strainstall, Mariners Way, Cowes (C3)
The Woodvale, 1 Prince's Esplanade, Gurnard (A2)
Trent House Residential Home, 42 Newport Road, Cowes (C2)
UKSA, Arctic Road, Cowes (C2)

Please use the map overleaf to identify each location marked with a ❤️ and grid reference.

For up to date information, please visit www.heartsafe.org.uk/AED-Locations

What should I do if I find someone unresponsive and not breathing normally?

- If the casualty is unresponsive and not breathing **call 999** for the Ambulance Service. The Isle of Wight Ambulance Service will tell you if there is a defibrillator in the near vicinity; if possible send someone to get it.
- Start Cardio-Pulmonary Resuscitation (CPR). 30 chest compressions (in the centre of the chest, compress one third of the depth, aim to give 2 per second allowing the chest to recoil between each compression) followed by 2 breaths. Keep repeating this sequence. *Continuous chest compressions can be given if the rescuer is reluctant to give breaths.*
- As soon as a defibrillator arrives turn it on and follow the voice prompts.
- Maintain CPR until medical assistance arrives.



COWES TOWN COUNCIL



Your guide to Public Access Defibrillators (PADs)

KEEP THIS SAFE

This leaflet has been produced for guidance purposes only