

Introduction

More than 30,000 out-of-hospital cardiac arrests occur in the UK each year.

Every minute without Cardio-Pulmonary Resuscitation (CPR) and defibrillation reduces the chance of survival by up to ten per cent. Early CPR and defibrillation can more than double the chances of survival.

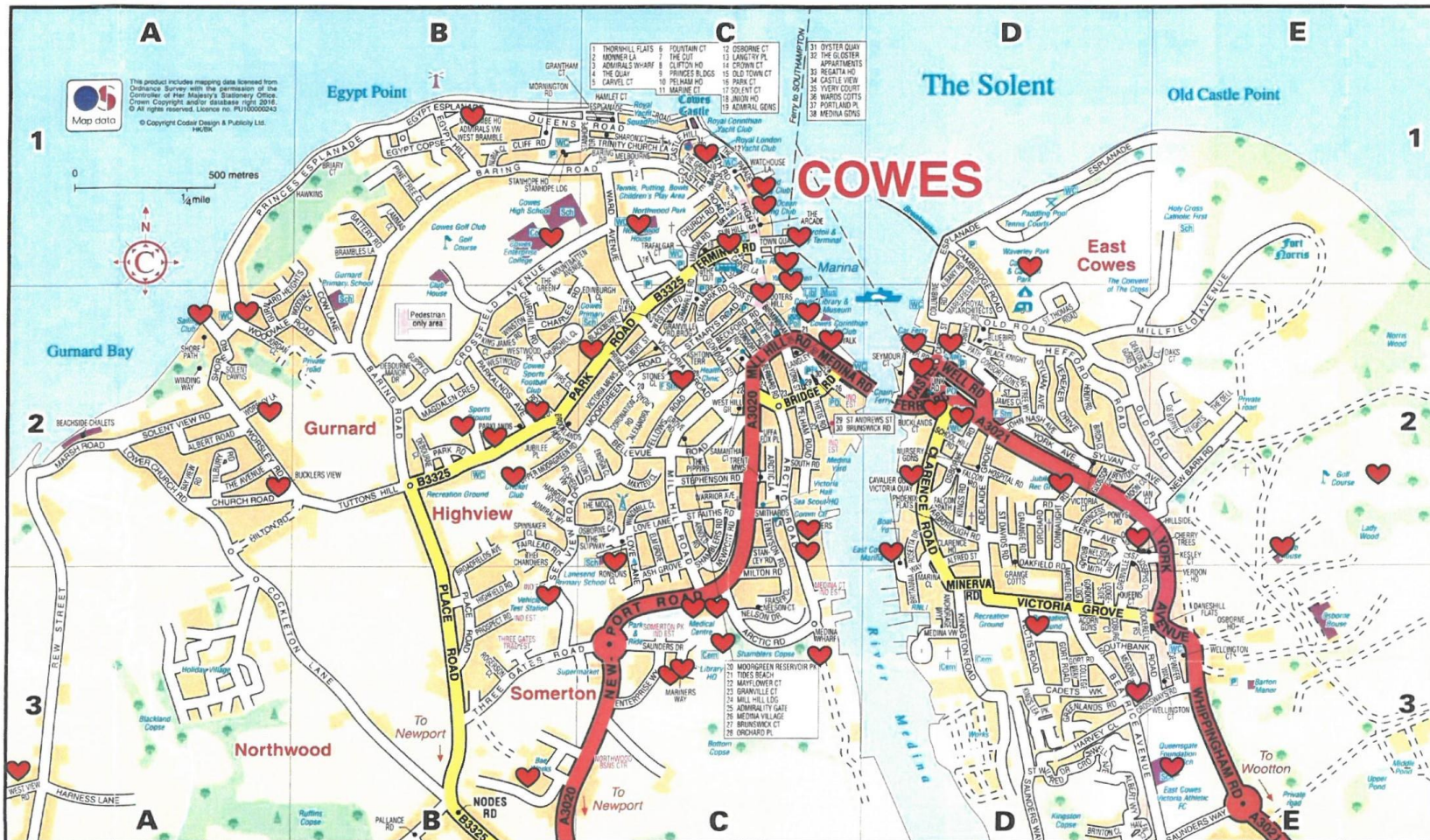
How do I use a defibrillator?

Public Access Defibrillators (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.

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 nearby. If possible, send someone to get it.



Start 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.

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 February 2025.

Where is my nearest PAD?


Cowes Defibrillator Locations:

Alzheimer's Café, Park Road, PO31 7LZ (C2)
Amery House Dental Practice, 4 Terminus Road, PO31 7TG (C1)
Ascensos, Rangefinder House, Newport Road, PO31 8PF (B3)
BES Group Asset Reliability, Mariners Way, PO31 8PD (C3)
Bodywise Ltd, Unit 8 Enterprise Way, PO31 8AP (C3)
Bucklers View, Opposite the Portland Inn, Worsley Road, Gurnard, PO31 8LJ (A2)
Cherry Blossoms Care Home, Arctic Road, PO31 7PJ (C2)
Cherry Trees Care Home, 149 Park Road, PO31 7NQ (B2)
Clarkes Mechanical Ltd, Westview Road, Rew Street, PO31 8NR (A3)
Corries Cabinet, 17 Shooters Hill, PO31 7BG (C2)
Cowes Corinthian Yacht Club, 39 Birmingham Road, PO31 7BH (C2)
Cowes Enterprise College, Crossfield Avenue, PO31 8HB (B1)
Cowes Fire Station, Victoria Road, PO31 7JJ (C2)
Cowes Medical Centre, 200 Newport Road, PO31 7ER (C3)
Cowes Spiritualist Church, Newport Road, PO31 7PA (C3)
Cowes Yacht Haven, Vectis Yard, High Street, (C1)
Gurnard Sailing Club, 29 Shore Road, PO31 8LD (A2)
Gurnard Village Hall, Westbrook Lane, Gurnard, PO31 8EU (A2)
Island Sailing Club, High Street, PO31 7RE (C1)
Isle of Wight Community Club, Park Road, PO31 7NP (B2)
Little Love Lane Pre-School, Love Lane, PO31 7ET (C2)
Medina Wharf, PD Port Services, Arctic Road, PO31 7PG (C3)
Northwood Cemetery, Newport Road, Northwood, PO31 7ER (C3)
New Holmwood Hotel, 65 Queens Road, Egypt Point, PO31 8BW (E2)
Northwood Cricket Club, Park Road, PO31 7NN (B2)
Northwood House, Ward Avenue, PO31 8AZ (C1)
Park Road Dental Practice, 169 Park Road, PO31 7NJ (B2)

Red Funnel, Red Jet Terminal, High Street, PO31 7AR (C1)
Royal London Yacht Club, The Parade, PO31 7QS (C1)
Royal Ocean Racing Club, The Parade, PO31 7QU (C1)
Shepards Wharf, Medina Road, PO31 7HT (C2)
The Woodvale, 1 Prince's Esplanade, Gurnard, PO31 8LE (A2)
UKSA, Arctic Road, PO31 7PQ (C2)
Unit 1, Seaways, Seaview Road, PO31 7US (C2)

East Cowes Defibrillator Locations:

Cowes Harbour Commission, Kingston Wharf, Kingston Road, PO32 6JS (C1)
East Cowes Marina, Britannia Way, PO32 6UB (D2)
East Cowes Town Hall, York Avenue, PO32 6RU (D2)
GKN Aerospace, Clarence Road, PO32 6EU (D2)
GKN Aerospace, Ferry Road, PO32 6RA (D2)
GKN Aerospace, Saunders Way, PO32 6RA (E3)
Kynance Residential Home, 97 York Avenue, PO32 6BP (D2)
New Barton Farm Livery, Whippingham, PO32 6LD (E2)
Osborne Golf Club, Osborne House Estate, PO32 6JX (E2)
Parkside Pavilion, Vectis Road, PO32 6HN (D3)
Queensgate Foundation Primary School, Beatrice Avenue, PO32 6PA (E3)
Queens Gate, PO32 6AG (D2)
Red Funnel Ferries, Trinity Wharf, Dover Road, PO32 6RA (D2)
Ship and Castle, 21 Castle Street, PO31 6RB (D2)
Top Shop, 22 Meadow Road, PO32 6HU (D3)
Waitrose, East Cowes, Well Road, PO32 6SP (D2)
Waverley Park Holiday Centre, 51 Old Road, PO32 6AW (D1)

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

For up-to-date information, please visit <http://www.iowdefibrillators.uk/>



COWES TOWN COUNCIL



Your guide to
Public Access Defibrillators (PADs)

KEEP THIS SAFE

This leaflet has been produced for
guidance purposes only