

GUIDE FOR EMERGENCY VOLUNTEERS

Ridlington Community Defibrillator

THANK YOU for agreeing to be a village volunteer to help our residents and visitors with an emergency. Using the training given by Community Heartbeat Trust in May 2026, you could help to save a life.

Your name and number are now listed with coordinators at the **Volunteer Emergency Telephone System (VETS)**.



How **VETS** works

When someone calls VETS for help their automated telephone system will make calls to find an available volunteer. VETS will ring volunteers on the list in sequence, until one of you who is in the village and available to help, accepts the call.

When you pick up the call you will hear the message: *"Rescue, rescue, rescue – press 1 to accept the call."* Only accept the call if you are in the village and available to help. Once you accept, and have the location of the emergency, go swiftly and safely to get the community defibrillator.



Installed in December 2025 our new defibrillator is housed in the red phone box on Main Street, 50m east of the church.

You can access the defibrillator from within its' cabinet using the keypad code **C159X** (easily remembered as the numbers from our post code). The phone box is not locked.

The small defibrillator unit can be easily removed, together with the bag of rescue accessories, to be taken quickly to the location of the person needing emergency help.



The Community Heartbeat first aid guide is overleaf.

Our community defibrillator and team of volunteers is coordinated by Ridlington Parish Council. The condition of the defibrillator is monitored regularly to ensure it is always ready for use. The red phone box is Grade II Listed and maintained by village volunteers. **THANK YOU ALL!**

RIDLINGTON
Parish Council

IF SOMEONE COLLAPSES FOLLOW THESE INSTRUCTIONS

COMMUNITY
HEARTBEAT
The Community HeartBeat Trust



D



DANGER ENSURE THE SCENE IS SAFE

FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE



R



RESPONSE CHECK THE CASUALTY NEEDS HELP

CHECK RESPONSE BY **TALK AND TOUCH**.
SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!



S



SHOUT SHOUT FOR HELP

IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP.
DO NOT LEAVE THEM AT THIS STAGE. **DIAL 999 NOW!**



A



AIRWAY ENSURE AIRWAY IS OPEN AND CLEAR

OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH, YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.



B



BREATHING LOOK, LISTEN & FEEL FOR NORMAL BREATHING

KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT LEAST 10 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, **CALL 999!**



C



COMPRESSIONS NOT BREATHING NORMALLY? START COMPRESSIONS!

PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND



D



DEFIBRILLATION GET SOMEONE TO FETCH A DEFIBRILLATOR

IF YOU ARE ALONE DO NOT LEAVE THE PATIENT, DO CHEST COMPRESSIONS AND WAIT FOR HELP TO ARRIVE, IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR

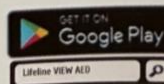


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Comheartbeat

www.communityheartbeat.org.uk

Registered Charity
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SEE HOW EASY IT IS TO USE AN AED

