

## **WHAT TO DO IN THE EVENT OF SOMEONE SUFFERING A HEART ATTACK**

1. Check if any first aiders are present at the club and if so contact them to attend the incident.
2. Lie the casualty on his back and gently shake the shoulders and ask loudly if they are alright.
3. Check the airway, tilt the head back and lift the chin to open the airway.
4. Place your chin to the mouth and nose and check for normal breathing
5. If breathing is absent, shallow or abnormal **call 999/112** and advise the operator that the casualty is **not** breathing.
6. Activate the speaker function on your phone so that you can **start CPR** while talking to the ambulance call handler. They will guide you through the required actions. Nb CPR requires constant chest compressions and can be very tiring. Try to alternate CPR with someone else every two minutes.
7. Call the ProShop 01276 458147 and ask for the defibrillator to be sent to your location immediately or ask for someone to collect it from the bar. **It is located behind the doors to the kitchen.**
8. When the defibrillator arrives get it ready whilst someone else carry's on with CPR – **NB. DO NOT STOP CPR UNTIL THE DEFIBRILLATOR IS READY**
9. Switch on the AED immediately and follow the voice prompts.
10. Attach the pads to the bare chest **WHILST CONTINUING WITH CPR**
11. **STOP CPR** and stand clear while the AED analyses the heart rhythm
12. **If a shock is advised deliver the shock – make sure that nobody is touching the casualty**
13. Immediately restart CPR and continue as directed by the AED voice prompts
14. If the heart restarts, place the casualty in the recovery position pending arrival of the ambulance medical team
15. **The chance of survival using CPR alone is only 6%, whereas with the use of an AED this increases to 74%**

## **Highwaymen Members with First Aid & CPR training**

Steve Downs  
Stephen Webb  
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Bob Kealey  
Emile Charbine  
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*Reviewed and updated February 2026*