

Public Accessed Defibrillators (PADS)

Funding from The British Heart Foundation and The Scottish Ambulance Service, along with significant donations from local people and businesses, have enabled the purchase and installation of many life saving **PADS** in the Mid Deeside area.

When **CPR** chest compressions and a defibrillator are used together, chances of survival from cardiac arrest greatly increase.

Now we have good coverage of **PADS** throughout mid Deeside our aim now is to increase awareness to as many people as possible to their location.

How to access and use a PAD

There are two different design of **PADS** installed in the area, but both do the same job. Inside a weather proof, unlocked box is a portable defibrillation device that can be easily removed and taken to a casualty.

The machine works from its own onboard internal battery and is fully automated. Once turned on it will carefully and clearly talk you through the steps required, analysing the patient, guiding you through rounds of **CPR** and only delivering a shock if required. **The machine will never deliver a shock to a normally functioning heart**, therefore there is no chance of accidental or malicious usage.

If you do have cause to use one of the devices please ensure it is put back in its box and that the relevant person is contacted so that the machine can be checked and re-stocked as necessary as soon as possible. Contact details can be found within the individual boxes.



FREE Training classes

Due to the rural location of mid Deeside, speedy access to the ambulance service is not always possible, therefore training as many people as possible in the life skill of **CPR** along with the familiarisation of the **PADS** is vital.

Tarland and Mid Deeside Community First Responders are running on-going Heart Start classes delivering vital knowledge to as many people as possible across the community. To enrol in a free training session or request any further information please contact:



T: Linda Cunningham 07876 102026
or May Hauxwell 07792 200 350

E: TMDCFR@gmail.com
www.TMDresponders.org



For more information on CPR or PADs please visit
www.bhf.org.uk

This leaflet could save your life!



Your guide to the
location of the **Public
Accessed Defibrillators**
in the Mid Deeside area

Location of PADs in Mid Deeside



1
Logie Coldstone
Front wall of the old pub, village centre. **AB34 5PQ**



2
Dinnet
Rear of the Loch Kinord Hotel, main road. **AB34 5JY**



3
Tarland
Front wall of MacRobert Hall, village square. **AB34 4YL**



4
Aboyne
Front of the Community Centre, Aboyne Academy. **AB34 5JN**



5
Aboyne
Through side gate, off car park. Boat Inn, Charleston Road. **AB34 5EL**



6
Aboyne
Front wall of Strachan's shop, village centre. **AB34 5HT**



7
Aboyne
Side wall of Rose Lodge Nursery, adjacent to the Coop. **AB34 5HU**



EARLY ACCESS TO CARE

Dial 999 immediately!

EARLY CPR

Provide CPR to help maintain blood flow to the brain.

EARLY DEFIBRILLATION

Defibrillation is the only way to restart a heart in cardiac arrest.

EARLY ADVANCED CARE

Emergency team provides advanced cardiac care on scene.



8
Aboyne
The Ambulance Station, Bell Wood Road. **AB34 5HQ**



9
Dess
Rivendell House, North Deeside Road, east of Aboyne. **AB34 5BQ**



10
Birse
North wall of the hall, adjacent to the church. **AB34 5BY**



11
Ballogie
Garden wall of the Butterworth Gallery. **AB34 5DP**



12
Finzean
Front wall of the village hall, main road. **AB31 6LY**



13
Kincardine O'Neil
Front porch of the village hall, main road. **AB34 5AA**



14
Lumphanan
Front wall of the village hall, village centre. **AB31 4SE**



15
Torphins
Front porch of Scotmid shop. **Only accessible 6am-10pm.** **AB31 4HE**