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 though 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.



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 **PAD**s 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



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



DinnetRear of the Loch Kinord
Hotel, main road. **AB34 5JY**



TarlandFront wall of MacRobert
Hall, village square. **AB34 4YL**



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



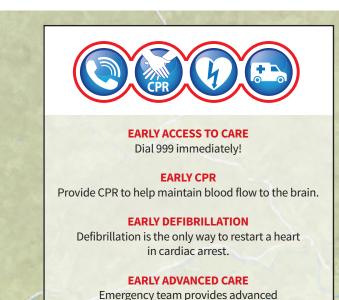
Aboyne Through side gate, off car park. Boat Inn, Charleston Road. AB34 5EL



AboyneFront wall of Strachan's shop, village centre. **AB34 5HT**



AboyneSide wall of Rose Lodge
Nursery, adjacent to the
Coop. **AB34 5HU**



cardiac care on scene.





AboyneThe Ambulance Station,
Bell Wood Road. **AB34 5HQ**



DessRivendell House, North
Deeside Road, east of
Aboyne. **AB34 5BQ**



BirseNorth wall of the hall, adjacent to the church. **AB34 5BY**



BallogieGarden wall of the
Butterworth Gallery. **AB34 5DP**



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



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



LumphananFront wall of the village hall, village centre. **AB31 4SE**



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