

# UK CARDIAC ARREST STATISTICS 2023/24

AED TRAINER — KEY FACTS

# 30,000

Out-of-hospital cardiac arrests occur in the UK each year — early defibrillation is critical



## 10%

Survival rate for out-of-hospital cardiac arrest in the UK



## 74%

Increase in survival when a defibrillator is used within 3 minutes



## 3 mins

Average time before brain damage begins without CPR



## 1 in 5

Cardiac arrests occur in public places where AEDs are accessible

## HOW TO USE AN AED

4 SIMPLE STEPS — ANYONE CAN DO IT

### 1

### 1

#### CALL 999 & START CPR

Call emergency services immediately. Begin CPR with 30 chest compressions followed by 2 rescue breaths. Continue until the AED is ready to use.

### 2

### 2

#### SWITCH ON THE AED

Turn on the AED by pressing the power button or opening the lid. Follow the voice prompts — the device will guide you through every step clearly.

### 3

### 3

#### ATTACH THE PADS

Remove clothing from the chest. Attach the adhesive pads as shown in the diagram — one below the right collarbone, one on the left side below the armpit.

### 4

### 4

#### FOLLOW THE AED INSTRUCTIONS

Stand clear and let the AED analyse the heart rhythm. If a shock is advised, ensure nobody is touching the patient, then press the shock button when prompted.



## 3x

Higher survival rate when bystanders use an AED



## 1 day

To qualify as an AED Trainer



## 2 yrs

Recommended AED training refresher interval

Training 0333 500 5000

[aedtrainer.co.uk](http://aedtrainer.co.uk)

Source: Resuscitation Council UK | British Heart Foundation 2023