



Learning Plan: Using a Defibrillator

Key Learning objectives:

To learn about defibrillators and when to use them, including:

- What a defibrillator is
- When you should use a defibrillator
- What to do in an emergency
- How to use a defibrillator

Activity	Timings	Resources
<p>1. Ask students if anyone knows what a defibrillator is. Discuss what they know about defibrillators.</p> <ul style="list-style-type: none"> • What is a defibrillator used for? • Has anyone ever seen a defibrillator in the community, at a sports club or at school? • Do they know any different names for defibrillator? (AED, Defib) • Have they ever seen one used? (for example at a football match or on a TV programme) 	5 mins	
<p>2. Show 'Using a Defibrillator' video</p> <p>For Key stage 2 children: https://youtu.be/ip67HqnREWM</p> <p>For Key stage 2 children with BSL and Subtitles: https://youtu.be/VMCeYR0eN-M</p> <p>For young people and adults: https://vimeo.com/625538296</p> <p>For young people and adults with BSL and Subtitles: https://vimeo.com/642647646</p>	3 mins	Screen / projector / tablets / laptop
<p>3. Ask students to discuss anything new they've learnt from watching the film.</p>	5 mins	
<p>4. Discuss learning points from video</p> <ul style="list-style-type: none"> • A defibrillator can save someone's life • It is a machine that gives an electrical shock to a heart when it has stopped beating • Defibrillators are easy to use and give you clear instructions • You don't need any training to use a defibrillator • If you find someone who is unconscious and not breathing or not breathing normally they may be in cardiac arrest <ul style="list-style-type: none"> ○ Call 999 ○ Ask for an ambulance ○ Begin CPR ○ The 999 health advisor will tell you if there is a defibrillator nearby ○ Ask someone else to get it while you continue CPR • Switch the defibrillator on and follow its simple, easy to follow instructions • A defibrillator will only give someone a shock if it is needed. It won't harm the person • Always keep your hands off the person when they are being shocked 	15 mins	

	<ul style="list-style-type: none"> When you're finished with a defibrillator always return it to the cabinet you got it from. 		
5.	Check understanding by completing the online quiz	5 mins	PC/laptop/tablet

For further learning related to Defibrillators, watch our CPR Man film:

<https://youtu.be/7S6v3VK5Uao>

Also available with BSL and Subtitles here: <https://youtu.be/k85Re1mS1U8>

For further information and resources please visit:

NEAS website	www.neas.nhs.uk
Learning zone (KS2)	www.neas.nhs.uk/get-involved/learning-zone.aspx
Patient Info (KS3/4/Adults)	www.neas.nhs.uk/patient-info.aspx
BSL/subtitled resources	www.neas.nhs.uk/patient-info/british-sign-language-subtitled-videos.aspx
Life-saving skills	www.neas.nhs.uk/get-involved/life-saving-skills.aspx