



**The Community HeartBeat Trust**

## **RESCUE, RESCUE, RESCUE**

### **DANGER**

Ensure the scene is safe for yourself and others. If it is not safe, or you are uncertain, **call 999** and wait for help to arrive

### **RESPONSE**

Check response by **TALK & TOUCH**. Speak to the casualty in both ears and tap both collar bones.

### **SHOUT**

If the casualty does not respond, **SHOUT for help**. Do not leave them at this stage.

### **DIAL 999, THEN DIAL VETS**

Remain calm, dial 999 and explain the emergency. If someone is with you, have them dial VETS while you begin CPR. If you are alone, dial VETS if you can – Ambulance support may dial the number for you, but please be aware they may deny the request.

### **AIRWAY**

Ensure the airway is **OPEN & CLEAR**. Open the airway by lifting the casualty's chin and tilting their head back.

### **BREATHING**

**LOOK, LISTEN & FEEL** for normal breathing. See if the chest is moving.

### **COMPRESSIONS**

If not breathing normally, **BEGIN CHEST COMPRESSIONS**. Place your hands in the centre the chest and push down hard at a rate of twice per second.

### **DEFIBRILLATION**

If your VETS volunteer brings you a defibrillator, attach the electrodes and follow the instructions. If no one else is present, **CONTINUE CPR UNTIL HELP ARRIVES**.

# COMMUNITY HEARTBEAT



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## VOLUNTEER EMERGENCY TELEPHONE SYSTEM

# 01666 800212

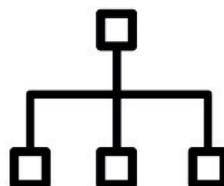
To support community resilience, the Community Heartbeat Trust now provides a service to help villages install and run a Volunteer Emergency Telephone System, or VETS. Minety now has this service available on a best endeavours basis.

VETS is designed for the lone rescuer, out of activation radius and spread out community situations. A third of all 999 calls are from lone rescuers, so getting help to them quickly is important. VETS is a community-run system and enables up to 10 "good neighbours" to assist pending the arrival of the emergency services. A local number is used as a single point of contact using "Hunting-Group" technology to ring all volunteers phone numbers simultaneously.

The system can also be used for any emergency where additional help is required from neighbours, whether Cardiac Arrest or not. The availability of VETS helps villages whether or not they are using a CHT provided defibrillator project, and gives a level of reassurance to the elderly, those living alone, and to the infirm, that there is always help on hand.



ONE MEMORABLE LOCAL NUMBER



CALL 10 VOLUNTEERS SIMULTANEOUSLY



DESIGNED TO ASSIST "LONE-RESCUER"