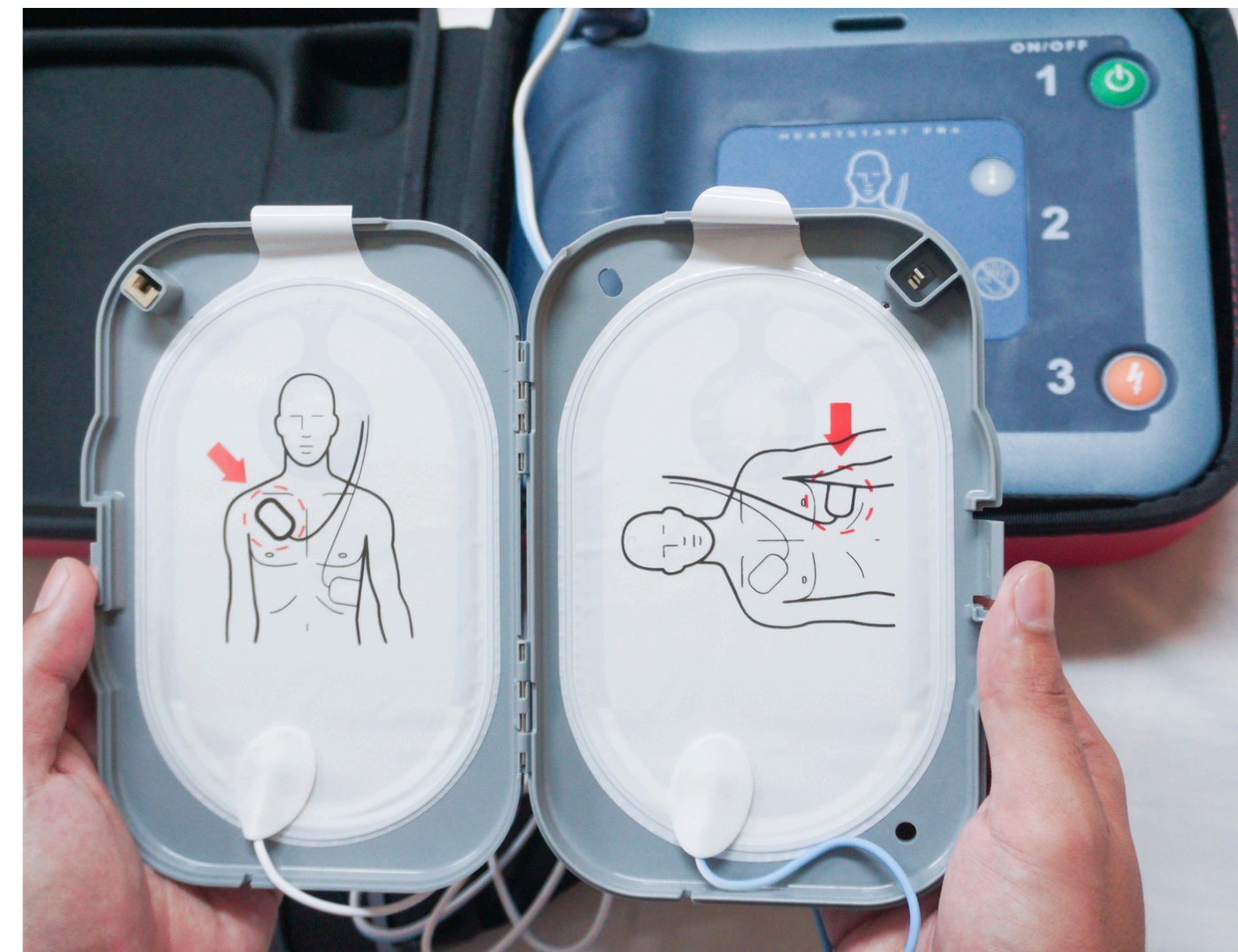




Check Your Defib Week

Resuscitation Council UK | Campaign toolkit





The key messages

- ◆ Defibrillators can save lives, but only if they are working
-

Every year in the UK, over 40,000 people experience an out-of-hospital cardiac arrest.¹

Early CPR and defibrillation can more than double the chance of survival², yet simple issues like flat batteries or expired pads can stop a defib from working and making a difference when it matters most.

It's crucial that defibs are regularly checked and maintained to ensure they're ready to help save a life.

- ◆ Every defib Guardian should check their defib and ensure it's registered on The Circuit
-

Checking your defib is in working order takes a few minutes, but failing to check could be fatal.

When Guardians ensure their defib is updated and accurately listed on The Circuit it can help save lives, allowing emergency services to quickly direct people to their nearest rescue-ready device.

- ◆ How you can support our campaign
-

- Use our defib Guardian checklist to make sure your defib is rescue-ready.
- Share the defib Guardian checklist with relevant people or organisations in your network.
- Post about the importance of checking defibs on social media (assets supplied in document).
- Include the defib Guardian checklist and our key messages in your newsletter or on your website.
- Share your story with us.

¹UK out-of-hospital cardiac arrest incidence (~40,000 per year where resuscitation is attempted) - [Epidemiology of cardiac arrest Guidelines](#)

²Early CPR and defibrillation can double survival rates - [Prognosis | Background information | Cardiac arrest - out of hospital care | CKS | NICE](#)



Assets

✓ Defib Guardian checklist

Our one page checklist is designed to help defib Guardians ensure their device is maintained and rescue-ready. Download a print or digital version on our website to use, or share with anyone you know who looks after a defib. Visit www.resus.org.uk/check-your-defib

✓ Public resources

Our public resources are available for free to support CPR and defib awareness and education. Includes posters, videos and support for survivors and bystanders. Visit: www.resus.org.uk/public-resource

✓ Campaign assets

Even if you don't look after a defib, you can still help spread our message online and encourage local defib Guardians to make sure their defib is ready for an emergency. Download social media assets and copy on our [digital assets page](#).



Social media copy for defib guardians

My defib is rescue-ready. Is yours?

15-21 June is Check Your Defib Week, and I'm doing my part as a defib Guardian by checking my device is in working order and updating it on The Circuit.

If you look after a defib, you can help improve cardiac arrest survival by doing the same.

Learn more on the RCUK website:
resus.org.uk/check-your-defib

[Download graphics for the campaign on our website.](#)

Social media copy for the public

Short copy

Defibrillators can save lives, but only if they're working.

This Check Your Defib Week (15-21 June) we're encouraging all defib Guardians to help save more lives by ensuring their device is rescue-ready and accurately listed on The Circuit.

Learn more on the RCUK website: resus.org.uk/check-your-defib

Long copy

Early CPR and defibrillation can more than double the chance of cardiac arrest survival², yet simple issues like flat batteries or expired pads can stop a defib from working and making a difference when it matters most.

This Check Your Defib Week (15-21 June) we're encouraging all defib Guardians to ensure their device is working and accurately listed on The Circuit. It could help save lives.

Not a defib Guardian? You can still take part in Check Your Defib Week by using DefibFinder to locate your nearest defibrillator so you are familiar with the location.

Learn more on the RCUK website: resus.org.uk/check-your-defib

²Early CPR and defibrillation can double survival rates - [Prognosis](#) | [Background information](#) | [Cardiac arrest - out of hospital care](#) | [CKS](#) | [NICE](#)



For your newsletter

Defibrillators can save lives, but only if they are working.

Check Your Defib Week (15-21 June), a campaign led by Resuscitation Council UK, encourages defib Guardians to ensure their defibs are ready to save a life and registered on The Circuit, the national defibrillator network.

Learn more on the RCUK website: resus.org.uk/check-your-defib

For your website

Over 40,000 cardiac arrests happen outside of hospitals in the UK each year, and defibrillators can significantly increase the chance of survival, but only if they're working.

Check Your Defib Week (15-21 June), a campaign led by Resuscitation Council UK, is urging all defibrillator Guardians to check their defibs, and offering practical guidance to help ensure these lifesaving devices are maintained and ready to use when it matters most.

Learn more on the RCUK website: resus.org.uk/check-your-defib



About Resuscitation Council UK

Resuscitation Council UK is working towards a day when every person in the UK has the skills they need to save a life.

We do this by developing guidelines, influencing policy, delivering courses and supporting cutting-edge research.

We want to make the UK ResusReady. If you, or your organisation, have completed CPR training in the last 12 months, you can register as ResusReady at resus.org.uk/resusready.

Share your story

If you have a personal story involving a defib, we would love to hear from you. Perhaps you are a defib Guardian, or have used one in a real life resuscitation scenario.

By sharing your experience with us, you have the power to help raise awareness of CPR and cardiac arrest. Your story could encourage others to learn essential resuscitation skills, including how to use a defibrillator.

Email us at communications@resus.org.uk.



Thank you for your support!

Questions? Email communications@resus.org.uk