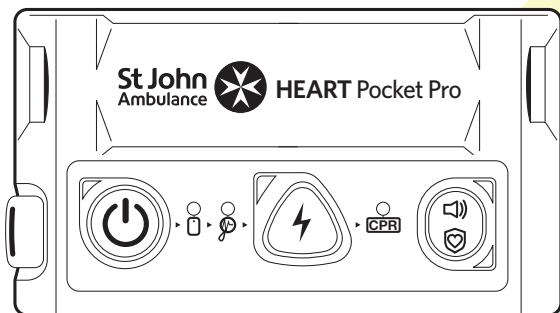
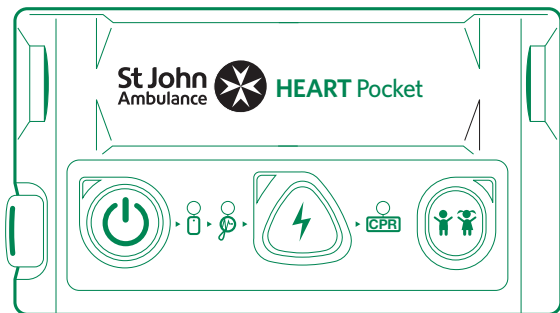


HEART Pocket & HEART Pocket Pro

Quick Start Guide



Thank you

For choosing St John Ambulance HEART Pocket/HEART Pocket Pro Defibrillator

This guide is designed to help anyone respond quickly and effectively in a cardiac arrest using the St John Ambulance **HEART Pocket** Semi-Automatic AED. It provides the core instructions in English only, aligned with the full user manual.

Before you get started, please register your device.

This helps us:

- Keep you up to date with safety notices
- Remind you when to replace pads and batteries
- Give you access to training and updates
- Make support and servicing fast and simple.

Quick and easy registration:

- Step 1:** Open your phone camera
- Step 2:** Point it at the QR code on the right
- Step 3:** Tap the link and complete the short form



That's it! You're registered.

We'll send reminders straight to your email.

Prefer to register on a computer?

Visit: www.cardi-link.com/SJAdefib

If you are a first responder you may wish to register with GoodSam:

GoodSAM

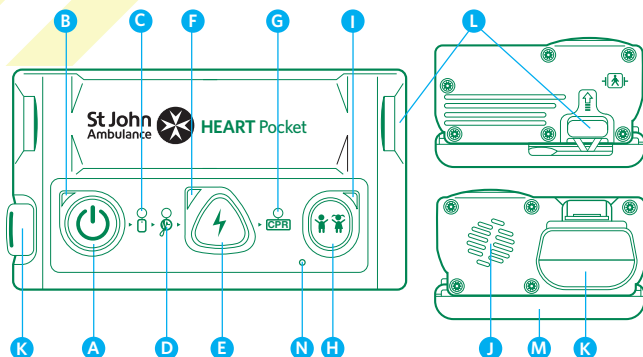
Visit: www.goodsamapp.org/cardiac



Keep this page with your defibrillator.

Your registration helps ensure your device stays rescue-ready.

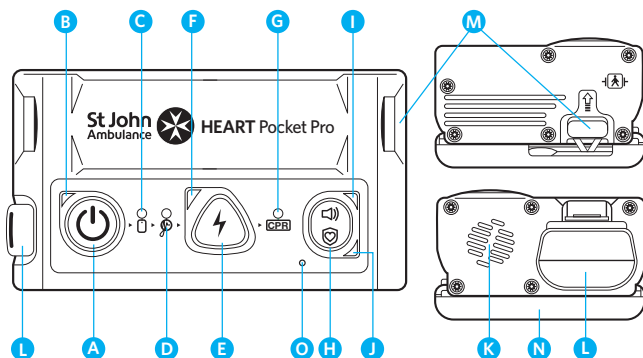
Heart Pocket Control Panel



- A:** Power Button
- B:** Status Indicator
- C:** Pads Indicator
- D:** Heart Rhythm Analysis Indicator
- E:** Shock Button
- F:** Shock Indicator
- G:** CPR Indicator

- H:** Child Button
- I:** Child Mode Indicator
- J:** Speaker
- K:** Battery
- L:** Pads Cable Connector
- M:** Pads Storage Box
- N:** Microphone

Heart Pocket Pro Control Panel



- A:** Power Button
- B:** Status Indicator
- C:** Pads Indicator
- D:** Heart Rhythm Analysis Indicator
- E:** Shock Button
- F:** Shock Indicator
- G:** CPR Indicator
- H:** Function Button

- I:** Volume Indicator
- J:** Continuous VF/VT Identification mode Indicator
- K:** Speaker
- L:** Battery
- M:** Pads Cable Connector
- N:** Pads Storage Box
- O:** Microphone

When to **use** your AED



If a person is:

- Unresponsive
- Not breathing normally

In these situations:

1. Call emergency services (999 in the UK).
2. Start CPR immediately.
3. Activate the AED.

Unpacking the AED

To ensure the integrity of the device, carefully take out all components from the packaging case and follow the steps below to check the device:

1. Check the AED device is fully intact.
2. Check the pads are pre-connected to the device.
3. Check the seal and expiration date of the pads.
4. Check the expiration date of the battery.

Quick status check:

In standby mode, the device supports a quick status check by pressing the Child button of **HEART Pocket** or the Function button of **HEART Pocket Pro** to check whether the device is capable of emergency use.

- **GREEN** status indicator = Check result normal.
- **RED** indicator and 3 beeping sounds = Check result abnormal

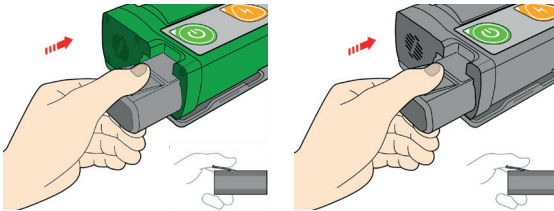
Installing the battery

The device accepts the following battery:

- Disposable Battery (LiMno2)
- Rechargeable Battery (Li-ion)

To install the battery:

1. Push the battery tail into the battery compartment.
2. Push the battery to the bottom of the battery compartment.
3. Finally, check whether the buckle of the battery is fully inserted into the battery slot.



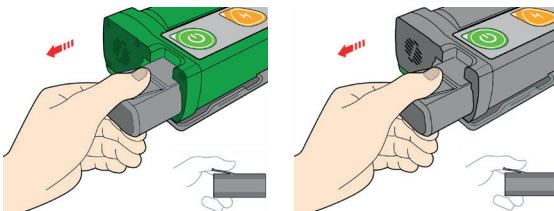
After the battery is installed, the device will automatically run a self-test.

To remove the battery:

When the '**Low Battery**' prompt is indicated, please replace the battery immediately.

To remove the battery:

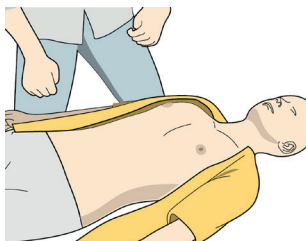
1. Make sure the machine is in standby mode, if the device is in rescue mode, press the power button for at least **2 seconds** to enter standby mode.
2. Press the battery buckle.
3. Immediately remove the battery.



Attaching the electrode pads

1. Remove the patient's upper clothing:

Make sure the skin is clean and dry. Shave excess hair if necessary.



2. Open the pads package on rear of device:

Using the tab on the pads package pull open to access the pads.



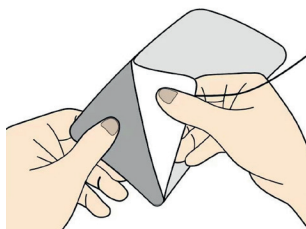
3. Remove electrodes from the pads package:

Take out the electrodes from the package from the back of the device.



4. Remove the liner of the pads:

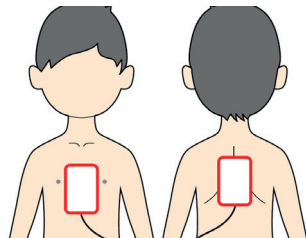
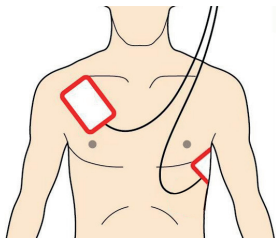
Once pads have been removed peel the liner off pad and apply to patient.



4. Positioning of the pads

ADULT: One pad on the upper right chest (below collarbone) and one pad on the lower left side (in line with the armpit).

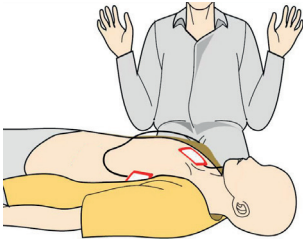
CHILD: Place one electrode in the middle of the chest between the nipples and the other in the middle of the back



Analysis and shock delivery

1. Heart rhythm analysis

Ensure no one is touching the patient. The AED will automatically begin rhythm analysis.



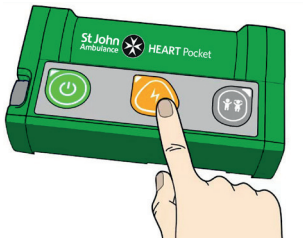
2. Shock advised

If a shock is advised, the shock button will flash orange. Ensure no one is in contact with patient.



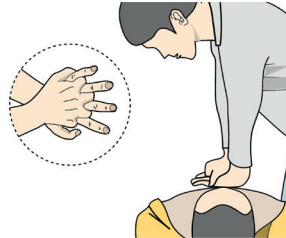
3. Press the SHOCK button:

When the orange SHOCK button flashes press it immediately.



4. Perform CPR

Resume CPR immediately after shock or if no shock is advised.



Important: An AED will only work on bare skin. They should remove or cut through clothing to get to the patient's bare chest. **This includes removing bras, bindings or restrictive clothing the patient is wearing.** The helper needs to cut up the middle or side of the clothing.

Paediatric treatment

HEART Pocket model only

Press the child button to enter the child mode, the child indicator light starts to flash, the device will issue a voice prompt "**Press the child button for 3 seconds to enter child mode**", the device will then enter into child mode".



After use

1. Leave the AED on until instructed by a healthcare professional.
2. Replace used electrode pads with a new set.
3. Check battery status and replace if necessary.
4. Clean the AED using a soft, damp cloth.
5. Contact your AED coordinator or supplier to download event data and confirm service.

Electrodes and battery replacement

Also check:

- Electrodes must be replaced after each use or before expiry (check label).
- Always use approved **HEART Pocket** replacement parts.
- Record maintenance and replacements in your AED log.

About St John Ambulance

St John Ambulance wants to put the power of first aid into everybody's hands. Our vision is a world where everyone in a health crisis receives the help they need from those around them.

We are the charity that steps forward in the moments that matter. To save lives, keep communities safe and empower people with life-saving skills.

We are a market leader in the provision of workplace first aid training, supplies and event and ambulance services. Money from our commercial operations is used to fund our charitable purpose to keep people safe and protected.

Visit: sja.org.uk



Your HEART saved a life

Let's celebrate that together

If a life is saved using a St John Ambulance HEART defibrillator, we want to hear about it.

As a heartfelt thank you, our manufacturer will donate a **brand-new HEART AED** to be gifted to the community by the person whose life was saved - **turning one life saved into many more protected.**

And to support the hero who made the save, they'll also send a **complimentary replacement set of pads** for the defibrillator used.

To share your story:

Step 1: Point your phone camera at the QR code on the right

Step 2: Share your story with St John Ambulance

or visit sja.org.uk/defibstory

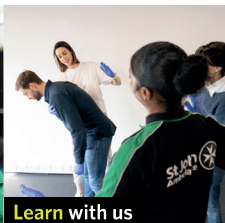
“ Together, we're building a safer, stronger community - one heartbeat at a time. ”



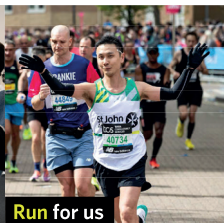
Ways you can support us



Volunteer with us



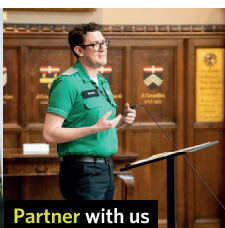
Learn with us



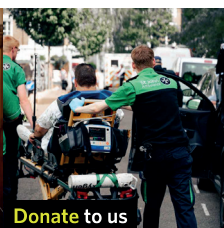
Run for us



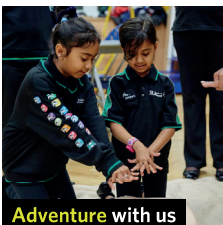
Fundraise for us



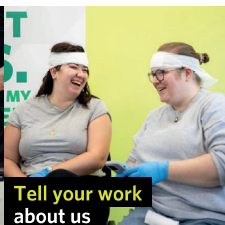
Partner with us



Donate to us



Adventure with us

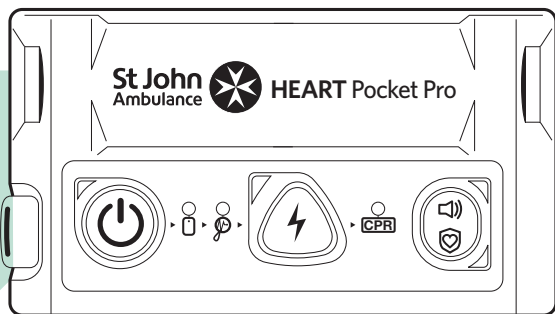
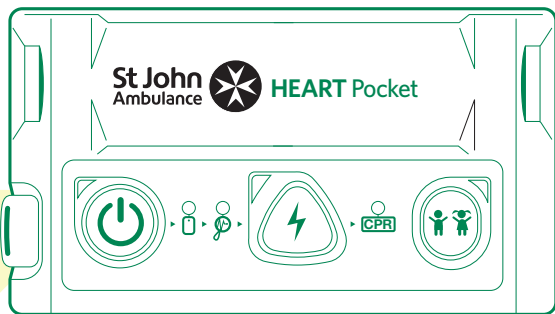


Tell your work about us



Follow us





St John's Gate, St John's Lane,
London, EC1M 4DA

sja.org.uk

