

1 AED: Automated External Defibrillators

1. An Automated External Defibrillator, or an AED, is a device that primarily delivers electrical shocks to a person who has suffered a cardiac arrest.
2. Cardiac arrest occurs when a person's heart stops beating effectively due to an interruption to the heart's normal electrical activity.
3. The use of an AED immediately after a cardiac arrest can significantly increase the chances of a victim's survival.

2 Who Can Use an AED?

1. Anyone. Semi-automatic and automatic AEDs can be used by people without any training because they provide simple, step-by-step prompts.
2. An AED will only allow shocks if the victim requires it.

3 How AEDs Work

1. An AED's pads are attached to victim's chest.
2. AED analyses electrical activity of victim's heart. If AED detects 'shockable' cardiac activity, it delivers electric shock to attempt to restore normal cardiac rhythm.
3. Two kinds of AEDs – semi-automatic and automatic.
4. A semi-automatic AED will prompt the user when to deliver a shock, whereas an automatic AED will simply give notice that it is delivering the needed shock.

4 When Can an AED Be Used?

1. An AED can be used on anyone who is unconscious and not experiencing normal breathing.
2. If you are with someone, ask them to call for help, start CPR and then use the AED.
3. If the casualty is wet, first, dry their chest area.
4. AEDs can be used on pregnant women, children over 1-year old, and on people with pacemakers.
5. An AED will not deliver a shock if it is not needed.

Remember!

1. The chances of survival decrease by about **10% for each minute** that passes without defibrillation.
2. An AED **can be used by an untrained person**. Each AED is equipped with step-by-step instructions.



5 Using an AED

1. Turn on AED and follow prompts.
2. Prepare casualty by removing clothing from chest area. Dry victim's chest if wet. Move jewellery and medical patches, check for pacemaker or internal defibrillator.
3. Place defibrillator pads on victim's chest. One above right breast and other below left breast.
4. Continue CPR until AED advises to stop.
5. Make sure no one is touching victim while AED is analyzing victim's heart rhythm.
6. If no shock advised, check for breathing before continuing CPR.
7. If shock advised, ensure no one is touching victim. Deliver shock when instructed by AED.
8. Resume CPR when instructed to do so by AED and follow prompts.
9. If victim begins to breath normally, place into recovery position, re-check airway and breathing every 2 minutes.
10. Leave AED pads on victim until medical aid arrives.
11. Monitor victim and document incident.



DISCLAIMER: The information in this poster is not a substitute for proper first aid training.

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