

How to use an AED (Automated External Defibrillator)



Danger

Assess the situation

- Remove any hazards
- Do not move the casualty (unless necessary)



Response

Check to see if the casualty is responsive by asking "are you alright?"

Are You
Ok?



Help

Shout "help!" and do not leave the casualty

Ask someone to call **999 / 112**



Airway and Breathing

If there is no response, open the airway by tilting the head and lifting the chin.

Casualty Breathing Normally?

Place in the Recovery Position and wait for medical attention

Casualty Not Breathing Normally?

Send for an ambulance, ask for an AED and begin CPR



CPR

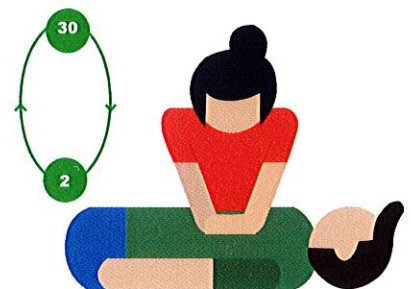
Give 30 chest compressions followed by 2 rescue breaths

Chest Compressions

- Place heel of hand over the other in centre of casualty's chest
- Compress the chest 30 times

Rescue Breaths

- Keep head tilted back
- Lightly pinch nose and blow steadily until chest rises twice



Using an AED

- Switch on the AED and follow the voice and visual prompts
- Remove clothing and jewellery from the casualty's chest
- Place the electrode pads on casualty's bare chest – DO NOT TOUCH THEM WHILE THE AED IS ANALYSING
- The AED will advise SHOCK or NO SHOCK - if a shock is advised, stand clear
- Continue with CPR for 2 minutes, then AED will re-analyse casualty
- Repeat until an ambulance arrives or casualty becomes responsive

