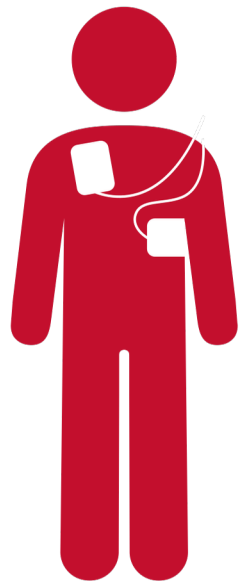


INSTRUCTIONS FOR USING AN AED



MEDIC ONE FOUNDATION

HOW TO USE AN AED



What's an AED?

An **Automated External Defibrillator (AED)** is a portable device that analyzes heart rhythms and provides electrical shocks necessary for defibrillation when someone is experiencing a sudden cardiac arrest. AEDs are common in public places, such as gyms, airports, restaurants, and schools.

AEDs provide voice instructions and visual prompts, including how to attach the pads to a victim's bare chest.

REMEMBER

Always use an AED in conjunction with chest compressions, not instead of them.

TURN ON AED

Turn on AED and follow the automated instructions.

REMOVE CLOTHING

Bare the chest, removing all clothing that could be in the way.

APPLY PADS

Apply pads according to the AED's instruction.

STAND CLEAR

Stand clear and wait, making sure you don't touch the person, as the AED analyzes the heart.

DELIVER SHOCK

If instructed, press the shock button to deliver a shock from the AED.

RESUME CPR

After the shock is delivered, resume CPR immediately and continue to follow the AED's instructions.



CPR/AED GUIDELINES

More than 350,000 sudden cardiac arrests occur outside of a hospital each year in the United States. Effective citizen CPR and a shock from an AED, provided immediately, can double or triple the chance of survival.

Learn how to save a life with this helpful guide on how to perform CPR and use an AED.



To sign-up for a CPR/AED Training Class, scan the QR Code or visit mediconefoundation.org.

INSTRUCTIONS FOR RESPONDING TO A SUDDEN CARDIAC ARREST

HOW TO RESPOND

What's a Sudden Cardiac Arrest?

An unexpected loss of heart function, normal breathing, and consciousness due to an electrical malfunction in the heart. Follow these steps when responding to a sudden cardiac arrest:

ASSESS

Check for responsiveness with the tap and shout.

CALL 911

If person is unresponsive, call 911 immediately.

SEND FOR AN AED

Tell someone to grab an AED and bring it back to you.

LOOK AND LISTEN

Check for normal breathing, a gentle rise and fall of the chest.

BEGIN CPR

If person is not breathing normally, begin CPR.

HOW TO PERFORM CPR

STEP 1

Make sure the person is on their back on a firm, flat surface.

STEP 2

Place hands in the center of the chest.

STEP 3

Press straight down hard and fast, allowing the chest to rise after each compression.

STEP 4

Continue CPR until the person begins to breath, an AED is ready to use, or first responders arrive.



HOW TO DO CHEST COMPRESSIONS

Performing proper chest compressions is critical when responding to a sudden cardiac arrest. To do this, you must compress at the proper rate and depth to ensure sufficient blood flow to the brain and back to the heart.

Adult

8+ Years Old

COMPRESSION RATE

100-120 Per Minute

DEPTH

2 Inches

Child

1-8 Years Old

COMPRESSION RATE

100-120 Per Minute

DEPTH

2 Inches

Infant

0-1 Year Old

COMPRESSION RATE

100-120 Per Minute

DEPTH

1.5 Inches