

FIRST AID GUIDE

AED: UNTRAINED PERSONNEL

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First Aid

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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. An AED analyses if victim's condition requires a shock.
3. Cardiac arrest occurs when the heart stops beating, resulting in body not getting blood to function.
4. The use of an AED immediately after a cardiac arrest can significantly increase the chances of a victim's survival.

4 When Can an AED Be Used?

1. AEDs should be used if victim is not breathing regularly.
2. If you are alone, call for help then use the AED.
3. If you are with someone else, ask them to call for help, start CPR and then use the AED.
4. If the casualty is wet, chest area needs to be dried first.
5. AEDs can be used on pregnant women, children over 1-year old, and on people with pacemakers.
6. An AED will not deliver a shock if it is not needed.



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. The steps here are for those with no training in using AED defibrillators.

5 Using an AED

1. Before you use an AED, make sure that there are no hazards and that you have called for help. Remember that using an AED as early as possible can mean saving a life.
2. Switch on the device. Follow the voice prompts.
3. Remove the pads from their packaging and attach them on the chest. Follow the attached diagrams for reference.
4. The device will give a prompt to remind you that no one should be touching the victim. It will analyse whether a shock is needed for the victim. The device will charge up to deliver a shock if required.
5. After the delivered shock, the device will give a prompt that it is safe for you to touch the victim again. Perform CPR. Afterwards, the device will then analyse if further shocks are needed.
6. Do not stop until medical help arrives or the victim shows signs of recovery.

Remember!

1. The chances of survival decrease by about **14% for each minute** that passes without defibrillation.
2. An AED **can be used by an untrained person**. Each AED is equipped with a step-by-step instructions.

3 How AEDs Work

1. An AED's pads are attached to victim's chest. They detect heart rate – and analyse when a shock is required.
2. Two kinds of AEDs – semi-automatic and automatic.
3. 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.



IMPORTANT: This is a first aid guide to effectively use an AED defibrillator for untrained personnel. Follow the steps outlined here until professional medical care arrives.
DISCLAIMER: The information in this poster is not a substitute for proper first aid training.

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