

Using an Automated External Defibrillator (AED) can save the life of someone in sudden cardiac arrest. If you come across someone who is unresponsive and not breathing (or not breathing normally), it's crucial to act quickly. Here's a step-by-step guide on how to use an AED:

1. Call 911:

Before starting any first aid, make sure someone has called for professional medical help.

2. Ensure Safety:

Make sure the area is safe for both you and the victim.

If the patient is wet (e.g., sweat, water, etc.), quickly dry their chest. Water and electricity are a dangerous combination.

3. Open the AED:

Turn on the AED by opening the lid or pressing the power button, depending on the model.

4. Follow the voice prompts:

Most AEDs provide clear voice prompts to guide you through each step. It's vital to listen to these instructions carefully.

5. Expose the patient's chest:

Remove or cut clothing if necessary. If the patient has a hairy chest, and the AED provides a razor, quickly shave the area where pads will be applied.

6. Attach AED pads:

AEDs come with two adhesive pads.

One pad is typically placed on the patient's upper right chest, just below the collarbone.

The other goes on the left side, below the armpit and alongside the breastbone.

Make sure the skin is dry and press the pads firmly onto the skin.

7. Ensure no one is touching the patient:

Shout "Stand clear!" and make sure no one is touching the patient. This includes you.

8. Allow the AED to analyze:

The AED will start to analyze the patient's heart rhythm. It's crucial not to touch the patient during this time.

9. Follow AED's instructions:

If a shock is advised: The AED will instruct you to deliver a shock. Make sure no one is touching the patient and press the shock button.

If no shock is advised: Begin or continue CPR.

10. After the shock:

Immediately start cardiopulmonary resuscitation (CPR) after delivering the shock, or if no shock is advised. Some AEDs may instruct you on how to do CPR.

11. Continue following AED prompts:

The AED will continue to analyze the patient's heart rhythm every couple of minutes and advise if another shock is needed.

12. Continue care until emergency services arrive:

Don't stop CPR or using the AED until emergency medical professionals arrive and take over, or the person starts showing signs of life, like breathing.

Note:

If you haven't been trained in CPR, just use the AED and follow its prompts.

Using an AED and CPR greatly increases the chances of survival for someone in cardiac arrest.