

# AUTOMATIC EXTERNAL DEFIBRILLATOR (AED) EXPLAINED

AN AED IS A PORTABLE DEVICE USED IN EMERGENCY SITUATIONS WHEN A PATIENT HAS GONE INTO SUDDEN CARDIAC ARREST (SCA). IT CAN CHECK HEART RHYTHM AND DELIVER AN ELECTRIC SHOCK TO RESTORE A NORMAL HEARTBEAT.

Having access to an AED and knowing how to use it could save someone's life. SCA is abrupt loss of heart function, breathing and consciousness caused by

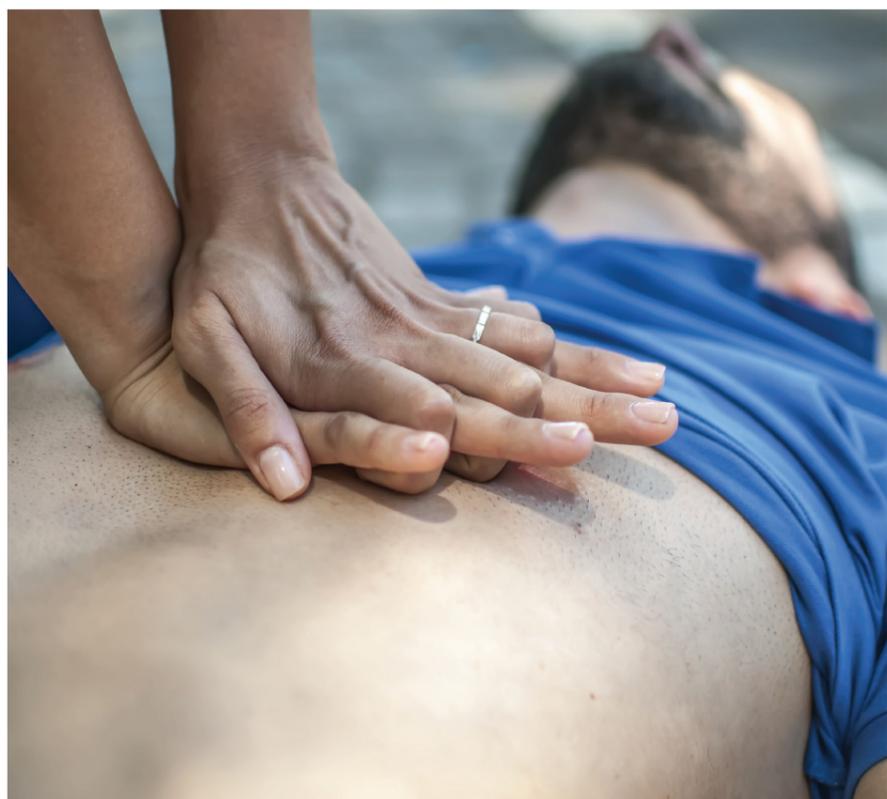
- |               |                        |
|---------------|------------------------|
| Heart disease | Electrocutation        |
| Heart attack  | Suffocation            |
| Stroke        | Motor vehicle accident |
| Heart defect  | Other types of injury  |
| Drowning      | Unknown reasons        |



CPR alone saves 9% of people who suffer from a sudden cardiac arrest. CPR, used together with an AED, increases the chance of survival to 50%. An AED is most effective if used within 5 minutes of the person collapsing. Many offices, schools, shopping centres, airports, and public spaces have an AED on hand.

IF SOMEONE HAS GONE INTO SUDDEN CARDIAC ARREST

**DIAL \*120\*15570# FOR TRAUMA ASSIST or CALL ER24 084 124**



### After calling emergency services

- Start CPR while someone else locates the AED
- Move the unconscious person away from wet areas
- Remove all clothing covering their chest
- No one (including yourself) should touch the victim
- Attach the pads to the victim's chest as described on the AED's instructions
- Press the AED's analyse button. This determines if the victim has a pulse
- If a shock is needed, the AED will direct you to press the Shock button
- Once pressed, it will deliver a highly effective shock to the heart
- If a shock is not indicated, it will instruct you to check the pulse of the victim and perform CPR to keep blood circulating until emergency services arrives

**WITH LEGAL&TAX YOU'RE NOT ALONE**