

# How to use defibrillators (AEDs)

1

If a casualty is unresponsive and not breathing normally, you must ensure that the emergency services have been called immediately. If present, a bystander should do this while you immediately start CPR.

2

While you are carrying out CPR, ask the bystander to go and get a defibrillator (AED), if there's one nearby. You must never leave the casualty to go look for one yourself. Your priority is to keep giving CPR.

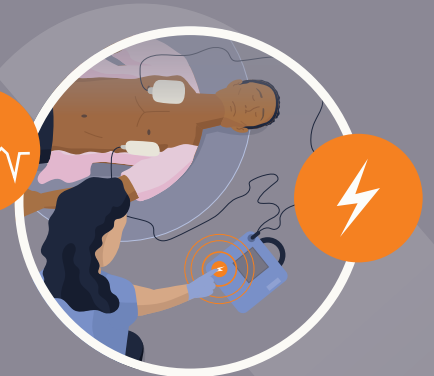
3

Ask the bystander to turn the AED on and take out the pads while you continue administering CPR. The AED will give you verbal instructions, but you should get the bystander to remove or cut any clothing that is obstructing the casualty's bare chest. They should also wipe away any sweat.



4

Remove the paper from the two pads and then attach them to the casualty's chest. One should be on the upper right side, below their collar bone, and the other on their left side, below their armpit.



5

Stop giving CPR and ensure no one is touching the casualty while the AED assesses the rhythm of their heart. It will then tell you that either a shock is needed or not.

6

If a shock is needed, everyone should stand away from the casualty. You should press the shock button when the AED instructs you to. After the shock, you will be instructed to continue CPR for two minutes and then use the AED again to reassess the casualty.



7

If the AED tells you that a shock isn't needed at all, continue CPR for two minutes and then use the device to reassess.

8

Continue to monitor the casualty. If they start to breathe normally but are still unresponsive, place them into the recovery position. Leave the AED pads attached and be prepared to give CPR again if their condition deteriorates.

