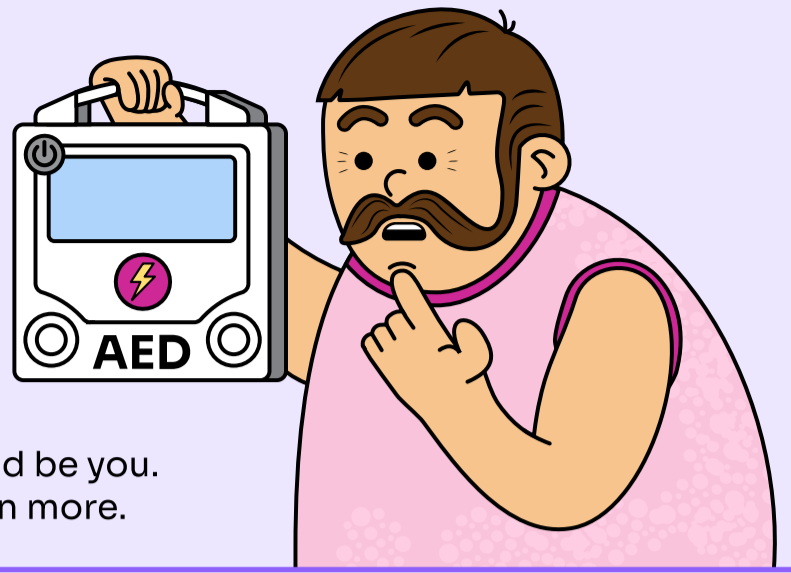




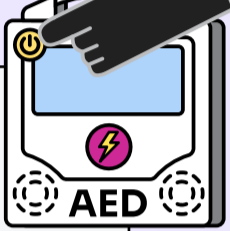
ALL YOU SHOULD KNOW ABOUT DEFIBRILLATORS

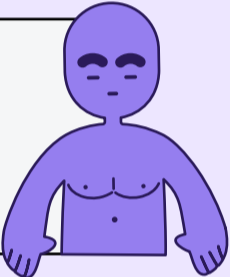


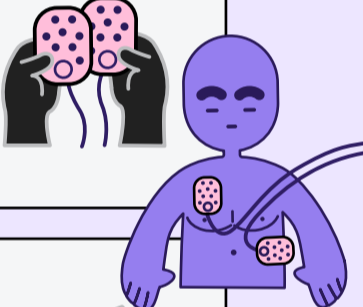
Quick! Someone grab the Defib!
You never know, that someone could be you.
Read our **Defibrillator** guide to learn more.


HOW TO USE AN AED

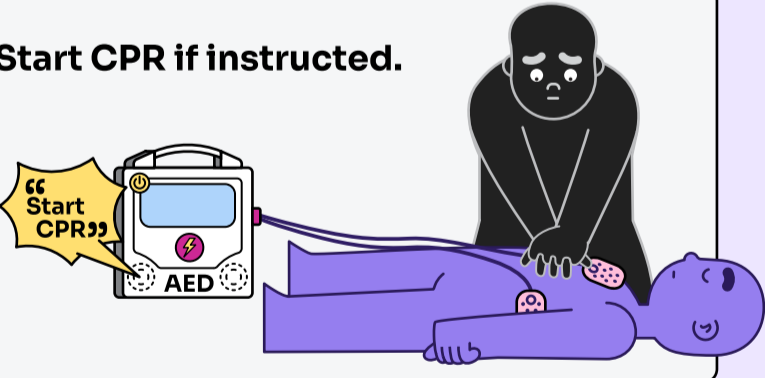
- 01** Open the AED, turn it on and follow the verbal prompts.

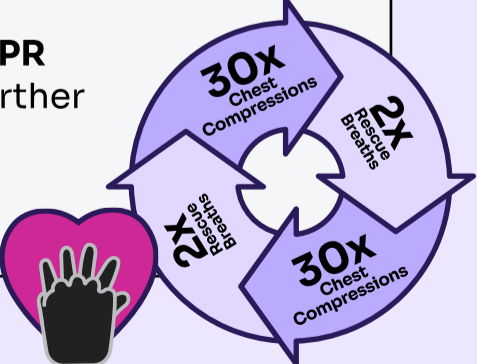

- 02** Expose the casualty's bare chest. Remove all clothing, bras included, and shave the area if needed.


- 03** Apply the pads on the chest for the AED to analyse the casualty's heart rhythm and deliver a shock if required.


- 04** Deliver a shock if advised. Some AEDs deliver a shock automatically.


- 05** Start CPR if instructed.





- 06** Keep going with CPR until you receive further instructions.



WHAT IS AN AED?

An Automated External Defibrillator (AED) is a **life-saving device** that can treat **abnormal heart rhythms** due to Sudden Cardiac Arrest (SCA) by delivering a **controlled electrical shock**.

WHAT DO AEDs DO?

- 1**  AEDs analyse the heart's rhythm
- 2**  They identify any abnormality or ventricular fibrillation
- 3**  They determine whether a shock is necessary and deliver it if needed

WHERE CAN I FIND AN AED?

- Hospitals/ Medical centres
- Schools
- Community centres
- Sporting clubs
- Shopping centres
- Some fast-food chains
- Some supermarkets or stores

REMEMBER:

- In the event of a cardiac arrest, **CALL 000**.
- Always start CPR and **send someone else to get the AED**. Don't leave a casualty to get the AED.
- If you're by yourself and there is no AED nearby, **start CPR without the AED**.