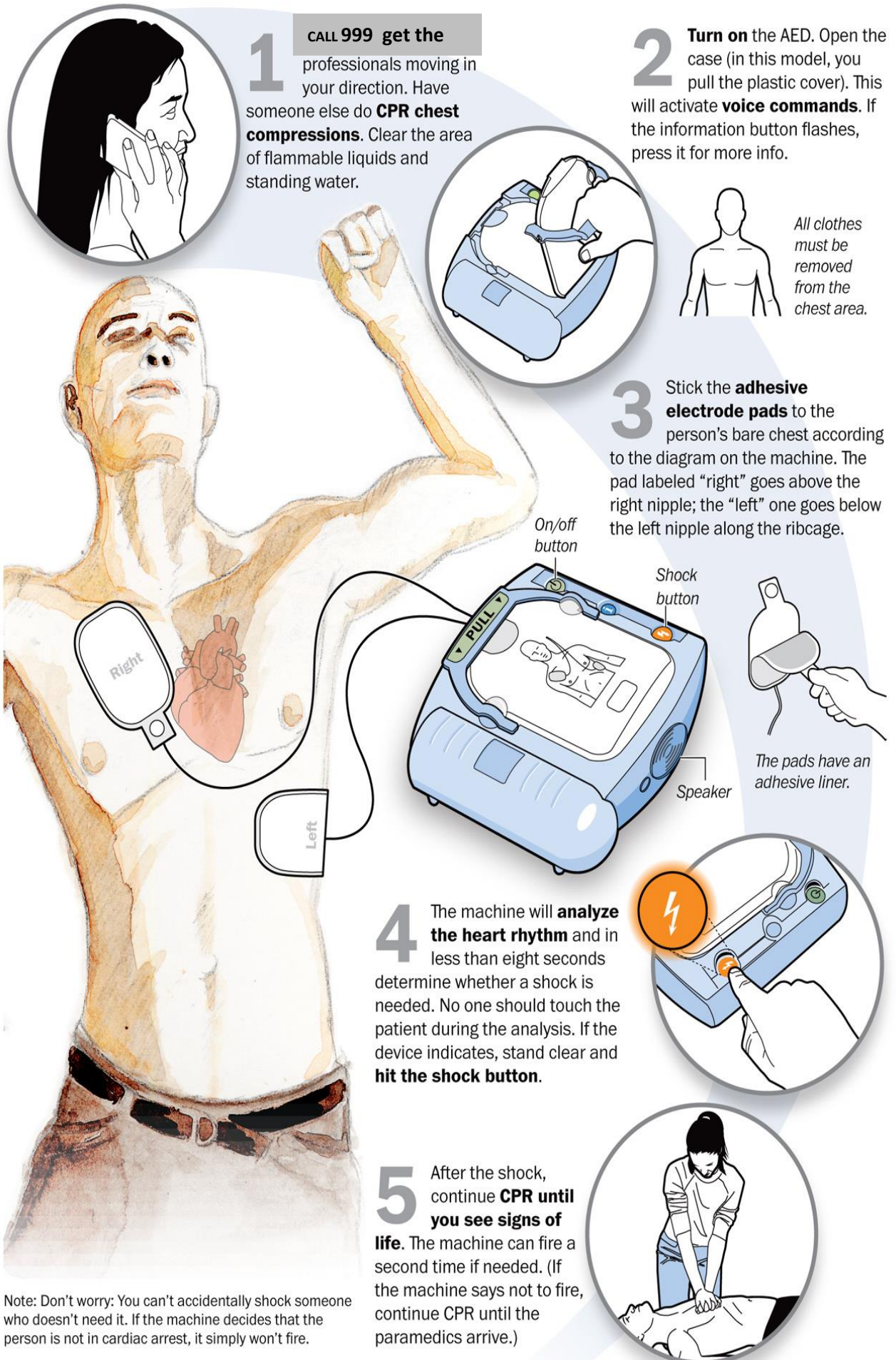


How to use an AED

You're in the mall, and suddenly the shopper next to you collapses. On the wall is an automated external defibrillator (AED), a device that can shock a heart in cardiac arrest back into a normal rhythm. Although sending electricity through an unconscious stranger's heart may seem like something best left to a professional, AEDs can be used successfully by passersby with no training. And the sooner the better: Survival rates are near 90 percent for people treated within the first minute.



The diagram illustrates the five steps of using an AED on a person. A central illustration shows a man lying on the ground with an AED on his chest. The AED is connected to two adhesive electrode pads, labeled 'Right' and 'Left', which are placed on his chest. The AED has a 'PULL' button, an 'On/off button', a 'Shock button', and a 'Speaker'. A hand is shown pulling the 'PULL' button. A circular inset shows a hand pulling the plastic cover off the AED. Another circular inset shows a hand holding an electrode pad, with a note that the pads have an adhesive liner. A third circular inset shows a hand pressing the 'Shock button'. A fourth circular inset shows a person performing CPR on the man. A fifth circular inset shows a person talking on a mobile phone. A note at the bottom left states: 'Note: Don't worry: You can't accidentally shock someone who doesn't need it. If the machine decides that the person is not in cardiac arrest, it simply won't fire.'

- 1** **CALL 999** get the professionals moving in your direction. Have someone else do **CPR chest compressions**. Clear the area of flammable liquids and standing water.
- 2** **Turn on** the AED. Open the case (in this model, you pull the plastic cover). This will activate **voice commands**. If the information button flashes, press it for more info.
All clothes must be removed from the chest area.
- 3** Stick the **adhesive electrode pads** to the person's bare chest according to the diagram on the machine. The pad labeled "right" goes above the right nipple; the "left" one goes below the left nipple along the ribcage.
The pads have an adhesive liner.
- 4** The machine will **analyze the heart rhythm** and in less than eight seconds determine whether a shock is needed. No one should touch the patient during the analysis. If the device indicates, stand clear and **hit the shock button**.
- 5** After the shock, continue **CPR until you see signs of life**. The machine can fire a second time if needed. (If the machine says not to fire, continue CPR until the paramedics arrive.)

Note: Don't worry: You can't accidentally shock someone who doesn't need it. If the machine decides that the person is not in cardiac arrest, it simply won't fire.