

# What is an AED? Where are they? How to use them!

## What is an AED?

An AED (Automated External Defibrillator), also known as ‘heart starter’, and ‘heart saver’, is a device **designed for lay person bystanders to use** to rescue a victim of cardiac arrest, by ‘jump starting’ the heart. AEDs actually ‘talk’, and prompt a layperson through ‘jump starting’ the heart – sort of like jump starting your car battery – something anyone can do! It will tell you if a shock is needed. It is easy and safe – **you can’t hurt the victim**.

## What is a victim of cardiac arrest?

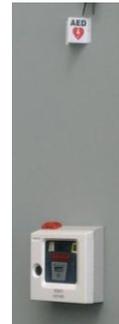
A victim of cardiac arrest is someone whose heart has stopped pumping properly and they have collapsed on the ground or slumped in a chair and **are unresponsive**. An AED can revive the victim of cardiac arrest.

## Where can I find an AED?

Look for this type of sign:



AEDs can be found in many places - usually in a box on a wall  
(*photo right*) - at airports, malls, schools, transit hubs and sports venues.



## How do I use an AED?

Anyone can use an AED. They are very safe, and you can’t hurt the victim. AEDs have an ‘**on button**’, ‘**pads**’ to stick on the victim’s bare chest and a ‘**shock button**’. All AEDs actually ‘talk’ to you, and give you instructions. They are battery operated. There are a number of different manufacturers and while the AEDs might all look a little different, they all do the same thing: ‘**jump-start the heart**’. So look for the wall box, grab the AED out and GO!

*Here is what AEDs look like out of the wall box:*



## Can I get one for my home or workplace?

Sure anyone can use an AED, and anyone can purchase one. The cost is coming down, and there are rebate programs with some insurers and also tax rebates. Just google “AED”!



# The Bystanders Guide to Saving a Life

What the non-healthcare provider needs to know



Source: Chain of survival – American Heart Association, October 2010

The chain of survival - YES, make the call to 911, do CPR, Defibrillate, then EMS transport and Hospital care, *however*, let's take a look at the practical logistic steps that are essential to keep the links in this chain working together...

**First** – How do you recognize a cardiac arrest? - **A cardiac arrest victim has collapsed, and is unresponsive. They also have no pulse.**

**Second** – **Call 911**, ensure you are safe from hazards and **start doing CPR immediately**. With your hands in the center of the chest, push hard and push fast and get bystanders to help you right away because you need someone to get the AED while you are doing CPR until the EMS arrive. No longer is here any need to do rescue breathing. Just push hard and fast on the center of the chest

**Third** – **Find the nearest AED**. The 911 dispatcher may know where it is, (or soon your smartphone with iRescuApp), and send someone to get the AED immediately.

**Fourth** – **Turn the AED on and it will talk you through the steps**: Expose the victims bare chest, connect the pads and stick them onto the victim's bare chest. If the AED tells you that the victim needs a shock - stand clear of the patient and press the AED shock button

Follow the 911 dispatcher's instructions and the AED commands and continue until the EMS arrives.



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