

## How to use an AED and do CPR

Cardiac Arrest happens to over 350,000 people a year. Every 33 seconds in the U.S., someone dies due to a heart-related incident. The survival rate is about 60%. The most important step is defibrillation (AED use). In order to survive the patient must receive 911, CPR, AED and Advanced Life Support. Keep in mind that, if done incorrectly, these methods could actually do more harm than good. If you have not been trained to use an AED, you should only use it if you know there is no other way, and help won't be coming soon.

### Assessment

Be sure that BOTH you and the patient are safe.

Check the patient. Tap the ground and shout. (do not shake the victim this may cause a worse injury)

If there is no response, [call 911](#) immediately!

Check the patient for breathing – Look, Listen, and Feel

### AED

Check if there is an AED (Automated External Defibrillator). If there is not, proceed with CPR.

Turn on the unit. Depending on the model you may have to pull a handle or push the on button.

Follow the AED's voice prompts.

Remove *all* clothing (male or female).

Peel the pads off and place them *exactly* as shown.

The AED will start to immediately analyze the patient's heart rhythm

If the AED has a shock advised prompt, push the button. Make sure no one is touching the patient.

Following the shock, continue CPR until help arrives or the AED prompts you to stand clear

### CPR

If there is no breathing or response, begin chest compressions. Compress the chest 1 ½"-2" at a rate of 100 beats per minute. Minimize interruptions to chest compressions.

If you have a barrier device, deliver ventilations – 2 breaths for every 30 compressions.

### Tips

Don't be afraid to help. Your actions will only help.

About 70% of cardiac arrests happen at home.

The average ambulance takes 9 minutes to get to your home.

Every minute that goes by, the chance of survival decreases about 10%.

### Warnings

Do not touch the patient when shocking or analyzing!

Make sure the person is not just sleeping, performing CPR correctly *will* break ribs.