Workbook Supplement For AED Training
Using an AED

Power on the AED

An AED can be used on an adult, child, or infant. Follow the AED prompts. Place the AED near the victim’s head and power on the unit. Some models require you to push a button to turn it on, while others turn on automatically when you lift the lid.

Apply AED Pads

Expose the chest and wipe it dry of any moisture. Apply the pads to the chest according to the pictures on the back of the pads.

- Place one pad on the right side of the chest, just below the collarbone.
- Place the other pad on the lower left side of the chest.
- Connect the pads to the AED. (Some pads come pre-connected to the AED.)

Clear the Victim & Shock

It is critical that no one touches the victim or his clothing while the AED analyzes or delivers a shock.

When prompted by the AED to deliver a shock:

- The AED user quickly looks up and down the entire victim to ensure no one is touching him and loudly states, “Everybody clear.”
- The rescuer can now push the shock button.

Tip

Some AEDs will automatically deliver a shock without the rescuer pushing a button.

80%

The percent of out-of-hospital cardiac arrests that occur in private or residential settings.
After the AED delivers a shock, or if no shock is advised, immediately resume CPR beginning with chest compressions. Every 2 minutes the AED will prompt you to stop CPR so it can analyze the heart rhythm.

CPR is hard work. The quality of compressions will deteriorate quickly, even without the rescuer being aware of it. If a second trained rescuer is present, switch roles when the AED says to stop CPR, which is every 2 minutes.

For the purpose of AED use, a child is age 1-8, or weighs less than 55 lbs. An infant is less than 1 year old. Children and infants require a lower level of energy to defibrillate the heart.

**Child victim**: Use an AED with pediatric pads or equipment. If these are not available, use an AED with adult pads and settings.

**Infant victim**: It’s best to use a manual defibrillator. If one is not available, use an AED with pediatric pads or equipment. If these are not available, use an AED with adult pads and settings.

**Do not let AED pads touch or overlap.** A child with a smaller chest may need an alternate pad placement.

Always follow your State, local, and workplace protocols for AED use on a child or infant.

Never use pediatric pads or equipment on an adult (> 8 years old). The energy delivered will not be enough.
Chest hair can limit the contact between the AED pads and the skin, preventing the AED from reading the heart rhythm and delivering a shock. If you have an extra set of pads, firmly apply the pads to the chest, then remove the pads with a quick movement and apply a new set of pads. You may also use a razor to shave the chest in the area of pad placement.

Some people have medical devices, such as a pacemaker, implanted into their bodies. These will appear as small, hard lumps under the skin of the chest or abdomen.

Do not place an electrode directly over an implanted device. Adjust pad placement at least 1" away from the device.

Medication can be embedded in an adhesive patch that is applied to the skin. Do not place an AED pad over a medication patch. With gloved hands, remove the patch and wipe the chest clean with a towel, then attach the AED pads.

Storage: An AED should be stored ready to use, close to trained rescuers. Accessories such as extra pads, pediatric pads or adaptor, an extra battery, CPR mask, a towel, gloves and razor should be stored with the AED.

Inspection: Perform regular inspections according to manufacturer’s guidelines and local protocols. Make sure that pads and batteries have not expired, and there is no visible damage to the unit.

Troubleshooting: If the AED detects a problem, it will prompt you to troubleshoot:

- **Check pads**: Press down firmly on the pads, or replace the pads; check the cable connection.
- **Low battery**: Replace the battery.
- **Movement**: When the AED is analyzing the heart rhythm, do not touch or move the victim.

Most manufacturers recommend storing spare pads with the AED.

Keep the AED in an accessible area, close to a phone. Store it at room temperature, protected from the weather.
What is wrong with this picture?

**Water**

Rain, snow, or small amounts of water will not interfere with safe AED use.

Move a victim who is lying in a puddle or pool of water to a drier area prior to using an AED. Defibrillating a person who is lying in water could cause burning or shocking to rescuers or bystanders. Ensure that the rescuer or bystanders are not standing in water during AED use.

Water or sweat on a person’s chest can interfere with defibrillation. Quickly dry the person’s chest before attaching the pads. This will allow the pads to attach securely, and ensure that the electrical shock travels through the heart and not over the wet surface of the skin.

**Oxygen**

Using an AED when oxygen is close by can be dangerous. Turn off the oxygen or move it several feet away from the victim prior to providing a shock.