

## AED (automated external defibrillator) quick reference guide

It's a common misconception that AED's can "start" a heart. The truth is that defibrillators can reset a heart or "de-fibrillate" (shock a heart in fibrillation that is not beating effectively in hopes to reset it to its normal sinus rhythm). Think of the shock button as the reset button on your computer. If your computer is not working properly, you press the reset button to shut it off in hopes that it will turn back on again and will be working normally.

AED's are so simple to use, so there's no need to feel intimidated. Here's all you need to know.

### If victim is unresponsive and not breathing normally:

1. Turn on.
2. Follow prompts.
3. Press shock button if advised.

**LOOK FOR THIS SYMBOL:**



That's it! Quick defibrillation, within one minute of collapse, increases the victim's chances of survival to 90% (versus approximately 7% survival rate with CPR only). AED's save lives!

**TIP:** AEDs can be found in many public places including: transit stations, airports, arenas, community centres, government buildings, schools and corporate office buildings. Ask someone to get one for you at the same time you ask someone to call 911.

### **DID YOU KNOW?**

Automated External Defibrillators are completely safe and they will not allow a shock if a normal heart beat is detected. Think of it like a pocket paramedic that walk you through every step of the process and should be used anytime a victim is UNRESPONSIVE and NOT BREATHING NORMALLY.

**NOTE:** A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

