



# HOW TO USE A DEFIBRILLATOR

**BEFORE AED ARRIVES**

PROVIDE CPR WITH 30 CHEST COMPRESSIONS AND 2 RESCUE BREATHS OR JUST DO CONTINUOUS CHEST COMPRESSIONS AT A RATE OF 100 TO 120 A MINUTE UNTIL A DEFIBRILLATOR ARRIVES. AS SOON AS THE AED ARRIVES, TURN IT ON AND FOLLOW ITS INSTRUCTIONS.

**WHEN AED ARRIVES**



**TURN THE AED ON AND APPLY THE SELF-ADHESIVE PADS TO THE PATIENT'S BARE CHEST. IF THERE IS MORE THAN ONE RESCUER, CPR MANEUVERS MUST BE CONTINUED WHILE THE PADS ARE BEING APPLIED ON THE CHEST.**



**FOLLOW THE VISUAL AND VERBAL INSTRUCTIONS MAKE SURE NO-ONE TOUCHES THE VICTIM WHILE THE AED IS ANALYSING THEIR HEART RHYTHM.**



**IS SHOCK ADVISED?**

**YES**

**Press the shock button.  
Immediately restart CPR 30:2.  
Follow the visual/verbal prompts.**

**NO**

**Immediately restart CPR.  
Follow the visual/verbal prompts.**



**DO NOT interrupt the resuscitation until:**



- A healthcare professional tells you to stop.
- The victim regains consciousness: they move, open their eyes and breathe normally.
- You are exhausted.