

How to use an AED



Step 1: Perform CPR

- If person is unresponsive and not breathing (or not breathing normally), immediately **perform CPR**.
- Provide continuous cycles of **30** compressions and **2** rescue breaths (**30:02**).



Step 2: When Available, Attach AED

- Turn on AED, bare & **prepare chest**.
- Peel **first pad** from backing and place **below the right collar-bone**, above nipple, and beside breastbone.
- Place **second pad** on left side, over ribs, and a few inches **below armpit**.



Step 3: If Indicated, Deliver Shock

- **Allow AED to analyze heart**, stop all movement.
- If shock is advised, **CLEAR everyone** and press button to deliver shock.
- If a shock is NOT advised, **immediately resume CPR**, starting with chest compressions.



Step 4: Resume CPR

- Quickly resume CPR, starting with chest compressions. Follow any additional instructions from AED.
- **If person responds**, stop CPR and place in **recovery position**. Leave AED on and attached.