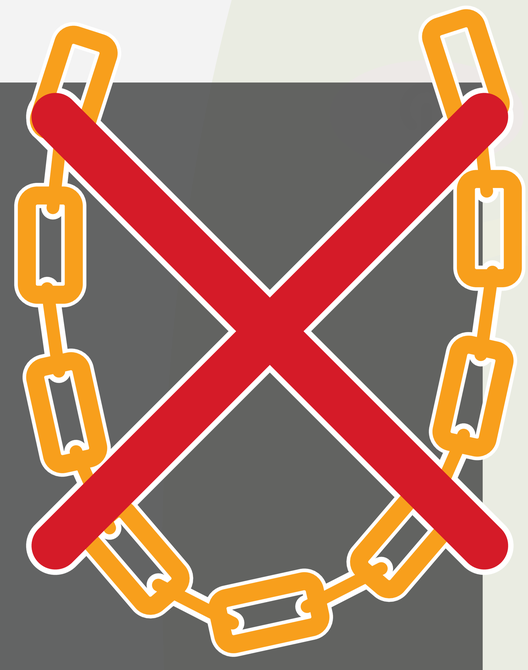
7 Steps in using an

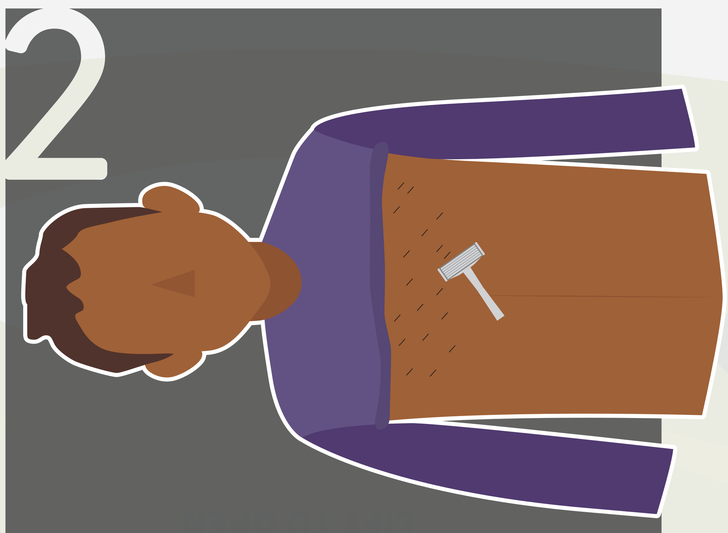
Automated External Defibrillator (AED)

1



Tear or cut off any obstructing fabric if necessary. Remove jewellery or medicated patch if they interfere with the placement of the defibrillation pads.

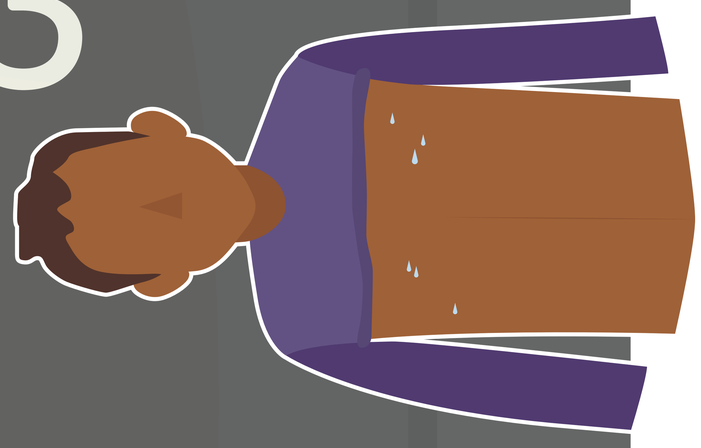
2



Shave excess hair on the casualty's chest to ensure that the defibrillation pads stick well to the skin.

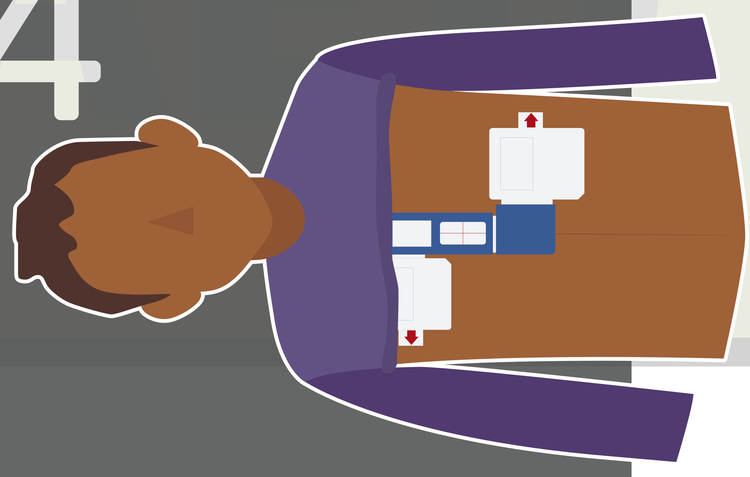
Note: There is a shaver in the AED kit.

3



Ensure chest area is dry. Dry the casualty's chest area of any perspiration and moisture as it can reduce contact between the defibrillation pads and the skin.

4



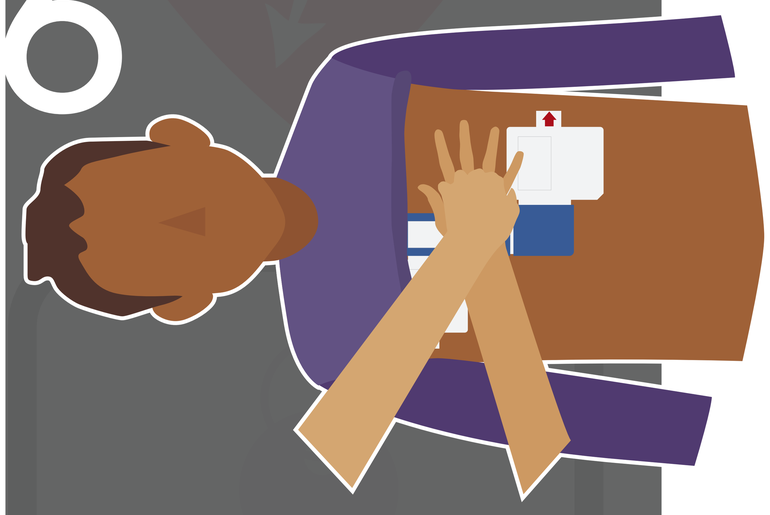
Follow the instructions on the packet and remove the pads.

Peel off the backing and paste the pads as shown; ensure they are pasted down well with no air pockets.

5

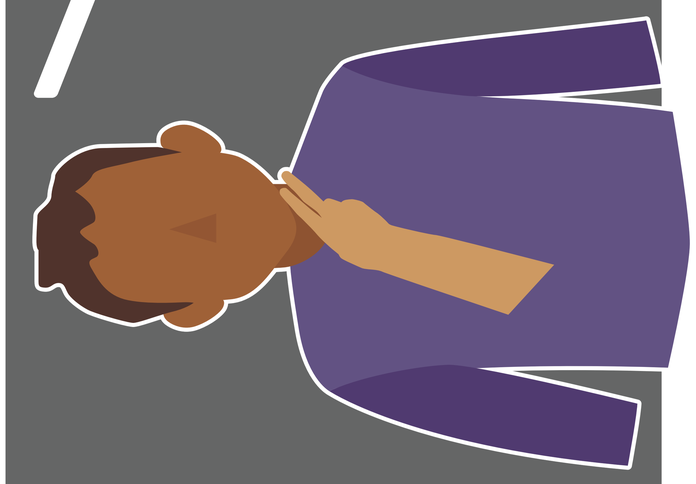
If there is any pacemaker, place defibrillation pads four fingers away from the pacemaker. In the meantime, ensure that continuous CPR is performed on the casualty.

6



Turn on the AED and follow the AED's voice prompted instructions. Perform CPR as required until the ambulance crew arrives or the casualty shows signs of life.

7



If no pulse, continue CPR and continue use of AED. If the casualty is breathing, monitor his breathing constantly until the ambulance crew arrives and takes over the incident.

SCDF The Life Saving Force . . . for a safer Singapore

NFEC National Fire and Emergency Preparedness Council

Singapore Heart Foundation Since 1970 Your Heart We Care