

HOW TO USE AN AED



1 Check the person

Make sure they are unresponsive and not breathing normally (or only gasping).

Call emergency services (112. 📞 in Europe) or have someone else call.



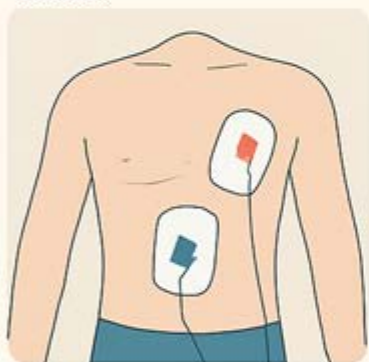
2 Turn on the AED

Open the lid or press the ON button. The device will start giving you voice and visual instructions.



3 Expose the chest

Remove clothing from the person's chest. If the chest is very sweaty or hairy, dry it quickly or shave (some AED kits include a razor).



4 Attach the pads

Peel the pads from their backing.
Place one pad on the upper right chest (just below the collar).
Place the other pad on the left side of the chest, below the armpit. **Follow the diagram on the pads.**



5 Let the AED analyze

Make sure no one is touching the patient. The AED will check the heart rhythm automatically.



6 Deliver the shock if advised

If the AED says "Shock advised", press the flashing shock button. Make sure no one is touching the person during the shock.
If "No shock advised", continue CPR immediately.

Key things to remember



AEDs are safe — they won't deliver a shock unless it's needed.



Combine AED use with high-quality CPR for the best chance of survival.



Follow the voice prompts step by step.