

# TOOLBOX TALK

PLEASE NOTE: THIS TOOL BOX TALK IS DESIGNED TO REFRESH KNOWLEDGE AND PROVIDE INFORMATION. IT IS NOT A SUBSTITUTE FOR FIRST AID TRAINING AND DOES NOT QUALIFY ATTENDEE'S WITH A FORMAL QUALIFICATION.

LOCATION

DATE

PRESENTED BY

## INTRODUCTION

Automatic External Defibrillators (also known as an AED or defib) are devices that help and support a patient in cardiac arrest.

A cardiac arrest is when your heart suddenly stops pumping blood around your body. When your heart stops pumping blood, your brain is starved of oxygen. This causes you to fall unconscious and stop breathing.

With the use of an AED alongside CPR (Cardiopulmonary Resuscitation) a persons chance of survival can be raised to over 70 percent.

**IF YOU SEE SOMEONE  
HAVING A CARDIAC ARREST  
PHONE 999 IMMEDIATELY  
AND START CPR**

## WHAT IS AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

An AED is a lightweight, portable and easy to use device that delivers an electric shock through the chest to the heart. They can restore a normal heartbeat by sending an electric pulse or shock to the heart which can help re-establish an effective rhythm.



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## HOW TO USE AN AED IN AN EMERGENCY:

Automated external defibrillators (AED), can be found in many public spaces, these are known as public access defibrillators (PADs) and are designed to be used by members of the public. They are fully automated, which ensures that they are both user friendly and suitable for anyone, even those that are untrained to use.

When you switch the defibrillator on, it will provide clear audio instructions and talk you through a simple systematic process.

A defibrillator will not harm the person suffering a cardiac arrest. Before allowing you to administer a shock it will analyse the persons heart rhythm to determine if a shock is needed.

You can not do the person any harm by using an AED and you can not deliver a shock accidentally.

**There are many different defibrillators available, although they may look different in appearance they will all function in broadly the same way.**

## TO USE A DEFIBRILLATOR, FOLLOW THESE SIMPLE STEPS

If you discover someone who is unconscious, unresponsive, not breathing or not breathing normally, call 999 and start CPR

If you're on your own, don't interrupt CPR to locate a defibrillator. If possible, send someone else to find one. When you call 999, the operator can tell you if there's a public access defibrillator nearby.

### STEP 1

Remove all clothes and anything else that is needed so you can access the persons chest (this includes hair! there may be a razor in your defib kit which can be used to ensure the best contact for the pads)

### STEP 2

Turn the defibrillator on. Some defibrillators turn on automatically when you lift the device's lid, others require you to physically press an ON button.

### STEP 3

Attach the pads to the casualty's chest by removing the backing paper. The sticky pads should be placed on either side of the chest. There will be a diagram showing you exactly where to place the two pads.



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## STEP 4

Once the pads are in place, the AED will move onto the analysis stage and will instruct you to '**DO NOT TOUCH THE PATIENT**' as it will be analysing the patient's heart rhythm.

## STEP 5

The defibrillator will assess whether a shock is needed. If required it will tell you to press the shock button. **DO NOT TOUCH THE PATIENT, TELL EVERYONE TO STAND CLEAR.**

If the defibrillator tells you that no shock is needed, continue CPR

## STEP 6

The defibrillator will tell you when the shock has been delivered and if you need to continue CPR. Continue with chest compressions and rescue breaths until the defibrillator tells you it is ready to analyse the heartbeat again

If the casualty shows signs of becoming responsive such as coughing, opening their eyes, speaking, or starts to breathe normally, put them in the recovery position.

## AED NOTES & PRECAUTIONS

- Defibrillators must not be used on children 1 years old or under.
- Do Not touch the victim while defibrillating. You or someone else could get shocked.
- Do Not use an AED on a victim who is in contact with water.
- Do Not use an AED on a victim lying on a conductive surface.
- Do Not use an AED on a victim who has a nitroglycerine or other patch. Remove any patches from the chest before attaching the device.
- Do Not touch the patient while the AED is analysing. Touching or moving them may affect the analysis
- Do Not defibrillate someone around flammable materials such as oxygen cylinders



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## AED FREQUENTLY ASKED QUESTIONS

Should the pads be removed when the AED prompts "No shock advised, continue CPR"?

No, the pads should not be removed.

Can AEDs be used safely in the rain and snow?

Yes, it is safe to use an AED in all types of weather conditions. However, if possible, move to a sheltered area.

If the patient is lying in water, move them to a dry area before using the AED. In wet weather, be sure to wipe the patient's chest dry before placing the electrode pads.

## AED LOCATION & NOTES

Where is your AED kept?

Does your AED require a code to access it?

Who are your trained First Aiders?

How can your First Aiders be contacted?

Other Notes



