How to Use an AED (automated external defibrillator)

If you see someone collapse:
1) Immediately call 911 or have someone else call.
2) Have someone else retrieve the AED.
3) Assess ABC’s:
   * Airway - Position the patient to open it. Head tilted back, chin lifted
   * Breathing - Look, listen and feel for breath.
   * Circulation - check for pulse at carotid artery (neck).

If no pulse and not breathing:
1) Start chest compressions immediately!
   * Do compressions at a rate of 100 a minute! (To the beat of “Staying’ Alive” by the Bee Gees.)
   * Push Hard, Fast, and Deep. You may break ribs and that’s okay.
2) When AED arrives, turn on the AED.
3) Attach defibrillator pads to patient’s bare chest (remove jewelry and undergarments)
4) Allow AED to analyze patient’s heart rhythm. Do not touch the patient at this time!
5) AED will tell you if shock is advised.
6) If shock is advised, do not touch the patient and push the flashing shock button. Immediately begin CPR again.
7) If no shock is advised, continue CPR until the paramedics arrive.

Follow all voice prompts from the AED and stay calm!

To request a basic first aid, CPR and AED class, email our office at firesafethelp@ncsu.edu.