



WHISPER CREEK EMERGENCY HEART DEFIBRILLATORS

Located on either side of the Rec Hall near
doors and also at the small Rec Hall.



What is an AED? An **automated external defibrillator (AED)** is a lightweight, portable device. It delivers an electric shock through the chest to the heart when it detects an abnormal rhythm and changes the rhythm back to normal. AEDs help people who have a sudden cardiac arrest, which occurs when the heart suddenly stops beating regularly. CPR combined with using an AED provides the best chance of saving a life. If possible, use an AED every time you provide CPR.

* NOTE: Whisper Creeker News found that the YouTube video by the Mayo Clinic's "Automated External Defibrillators: How to Use an AED" could be helpful to familiarize ourselves with the unit among others.

Who can use an AED? AEDs are intended for use by the general public (lay responders). They are portable, safe, accurate and easy to use. They are also easy to turn on and the machine will detect heart rates and verbally guide the user through the steps.*

Follow these steps when using the AED:

CALL 911

- Turn on the AED and follow the voice prompts.
- Remove all clothing covering the chest. If necessary, wipe the chest dry.
- Peel away the backing from the pads and attach the pads to the person's bare chest following the illustration on the pads.
- Plug the pads connector into the AED, if necessary.
- The AED will check to see if the person needs a shock and will automatically tell you to give one or tell you *when* to give one. While the AED is analyzing, make sure that no one is touching the person.
- Resume CPR if no shock is needed. If one a shock is needed, make sure that no one is touching the person. Press the shock button, then immediately resume CPR.
- Continue with CPR until emergency personnel arrives.

Source:

American Heart Association

heart.org