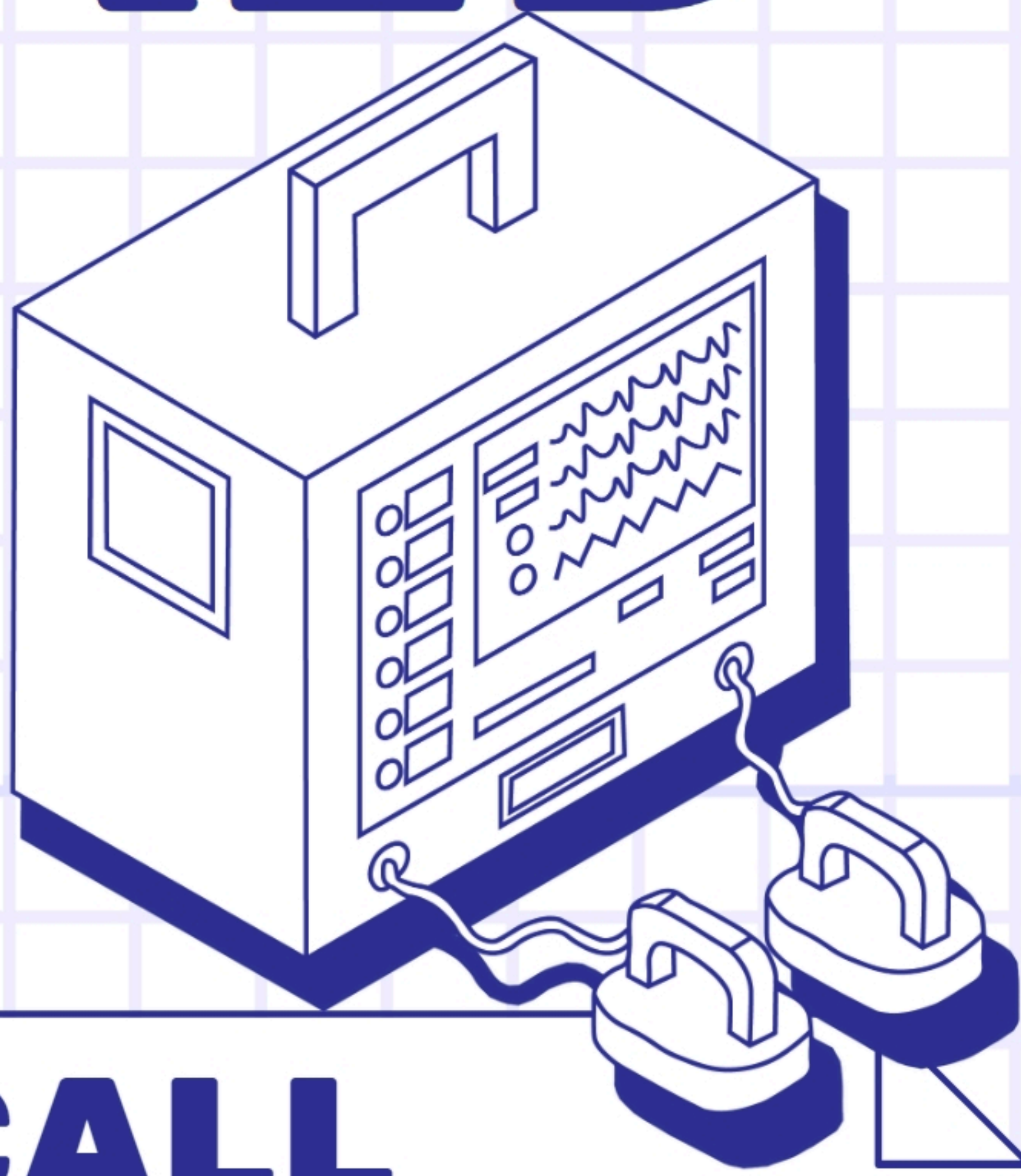


# HOW TO USE AN AED



Automated external defibrillators (AEDs) are devices that can make a big difference in saving lives during sudden cardiac arrest. But even if you've been trained on how to use an AED, it can be challenging to remember all the steps correctly. To help you stay prepared and keep your skills sharp, we've developed a simple step-by-step guide that you can print and place in convenient locations like your refrigerator, car, bag, or desk. This way, you can easily review the AED steps whenever you want, at your own convenience, and ensure they stay fresh in your memory.

## CALL

You or someone else need to call 911. In either case, begin CPR as soon as possible. Continue until someone gets an AED if available and continue until EMS arrive.

## REMOVE

Remove clothing surrounding the patient's chest (including bras). Leaving jewelry on will not interfere with the machine, but do not place the AED pads directly onto any metallic jewelry.

## ALLOW

Allow the AED to analyze the person's heart rhythm, and let NO ONE touch it after it is turned on.

## TURN ON

The American Heart Association says, "Early defibrillation improves outcome from cardiac arrest." Turn on the AED and follow audio instructions.

## APPLY

Apply the electrode pads to the person's bare skin. Make sure the person's chest is dry.

## DELIVER

If the machine determines a shock is needed follow directions as some machines are automatic while some are manual.

learn more tips on being prepared for any  
emergencies at [getprepared.in.gov](https://www.getprepared.in.gov)

