

## **TOOLBOX TALK #6**

### **DO YOU KNOW HOW TO USE AN AED?**

An AED is used to assess a person's heart rhythm during a medical emergency. After reading the rhythm, it will administer an electric shock, if needed, to help restore a normal heart rhythm during sudden cardiac arrest.

If a co-worker has lost consciousness, current first-aid protocol says to follow these steps:

1. Check to see if the person is breathing and feel for a pulse.
2. If you don't feel a pulse and the person is not breathing, call 911 if you're alone with the victim, and begin CPR. If someone is nearby, ask them to call for help, and if possible, ask another co-worker to bring the AED to you.
3. Turn on the AED when it gets to you. The device will provide you with step-by-step instructions, including how to put the electrode pads on the victim's chest.
4. Once the pads are placed, the AED will automatically measure the victim's heart rhythm and determine if a shock is needed. If a shock is necessary, the AED will direct you to stand back and push a button to deliver a shock.
5. After the shock is delivered, the AED will guide you to continue CPR if needed.

