



## Scarborough College

### AED DEFIBRILLATOR PROTOCOL

A defibrillator/AED can be used safely and effectively without previous training. All AEDs analyse the victim's ECG and are safe computerised devices that deliver electric shocks to victims of cardiac arrest when the ECG rhythm is one that is likely to respond to a shock. Simplicity of operation is a key feature, voice and visual prompts guide rescuers.

Commence CPR using a ratio of 30 compressions to 2 rescue breaths while the defibrillator is brought to the scene, and continue CPR whilst the defibrillator is turned on. If you are alone, stop CPR and switch on the defibrillator on. Once the defibrillator is switched on:

- Follow the voice/visual prompts.
- Remove all clothing from neck to waist.
- The casualty's chest must be sufficiently exposed to enable correct pad placement. Chest hair will prevent the pads adhering to the skin and will interfere with electrical contact. Shave the chest only if the hair is excessive.
- If the casualty is wet dry their chest so that the adhesive defibrillator pads will stick.
- Attach the electrode pads, place one pad to the right of the sternum (breast bone), below the clavicle (collar bone). Place the other pad in the left mid-axillary line. It is important that this pad is placed sufficiently laterally and that it is clear of any breast tissue. Most defibrillator pads are labelled left and right, or carry a picture of their correct placement.
- Ensure that nobody touches the casualty while the defibrillator is analysing the rhythm.
- If a shock is indicated continue to ensure that nobody touches the casualty.
- The defibrillator will deliver the shock.
- Continue as directed by the voice/visual prompts.
- Minimise, as far as possible, interruptions in chest compression.
- If no shock is indicated resume CPR immediately using a ratio of 30 compressions to 2 rescue breaths.
- Continue as directed by the voice/visual prompts.
- Continue to follow the AED prompts until qualified help arrives and takes over or the casualty starts to show signs of regaining consciousness, such as coughing, opening their eyes, moving purposefully and starts to breathe normally or you become exhausted.
- Only interrupt CPR only when it is necessary to analyse the rhythm and deliver a shock.

**Protocol Last Reviewed – September 2019**