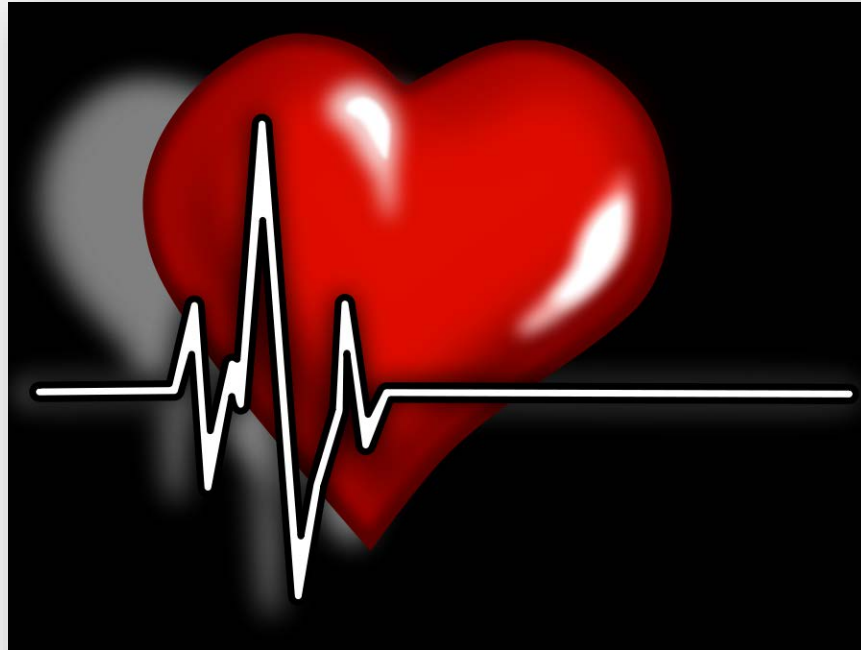


# **AED Defibrillation Training**



**Norfolk State University  
Facilities Safety and Risk Management**

# GROUND RULES

- Please ensure you print and sign your name on the Attendance Log
- Bathrooms are located,...
- Please raise hand if you have a question.
- Please silence all cell phones. Please leave the room if you must take or place a call.
- Relax and enjoy!!!!

# Introduction Video

- [https://www.youtube.com/watch?v=M-mFITmJ\\_q4](https://www.youtube.com/watch?v=M-mFITmJ_q4)

# Purpose

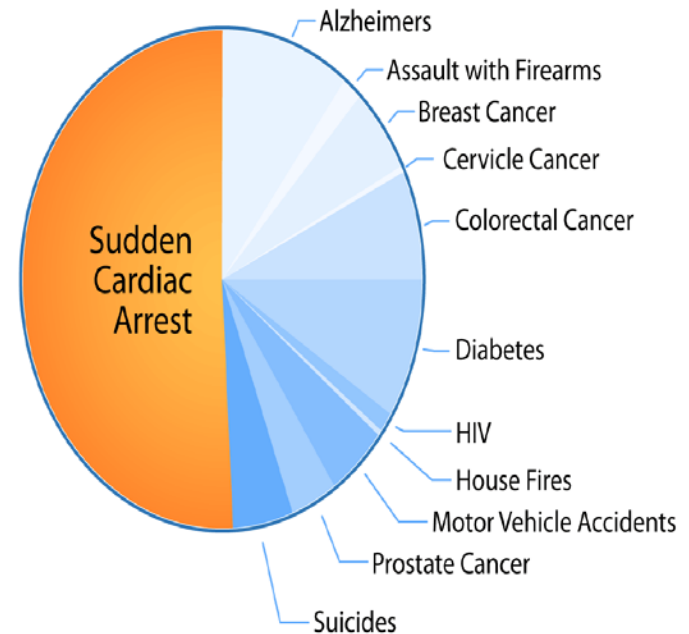
The intent of this PowerPoint presentation is to show how you can respond to SCA and to help remove any reluctance you may have to take action to help a victim of SCA.

# Sudden Cardiac Arrest (SCA)

The number one cause of premature death in the United States.

SCA: the heart is no longer pumping blood through the body.

Leading Causes of Death



Source: Sudden Cardiac Arrest Foundation

# Heart Attack vs Sudden Cardiac Arrest

## Heart Attack

- Caused by a blockage in the artery that supplies blood to the heart. The affected heart muscle begins to die due to lack of oxygen.
- Symptoms: “crushing” chest pain, which can spread to arms and jaw.
- Person is usually awake and alert.

## Sudden Cardiac Arrest

- Caused by an abnormal heart rhythm.
- Symptoms: rarely any symptoms warning and the patient always loses consciousness.

It can **effect**  
**anyone** of **any**  
**age** at **any time**

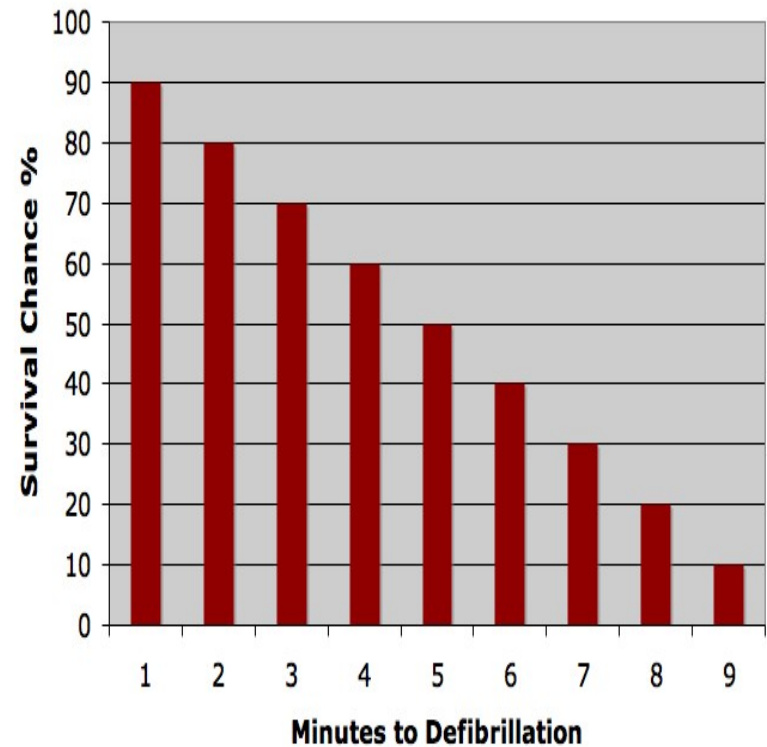


# Time is Critical

A victim's chances of survival is reduced by up to 10 % with every minute that passes without CPR and application of a shock, provided by an AED, to prompt the heart's pacemaker to resume normal beating.

Only 5%-10% of cardiac arrest patients survive to hospital discharge.

**CHANCE OF SURVIVAL FROM CARDIAC ARREST**



# What to Do: Step 1

If you see someone fall or lying on the ground unconscious, shake them and ask (Shout) “Are you ok”?



If the person does not respond, command any bystander(s)

- YOU, bring the AED
- You, call 911

## Step-by-Step CPR Guide

1. Shake and shout



2. Call 911



3. Check for breathing



4. Place your hands at the center of their chest



5. Push hard and fast—about twice per second



6. If you've had training, repeat cycles of 30 chest pushes and 2 rescue breaths



everywell  
SLAMG

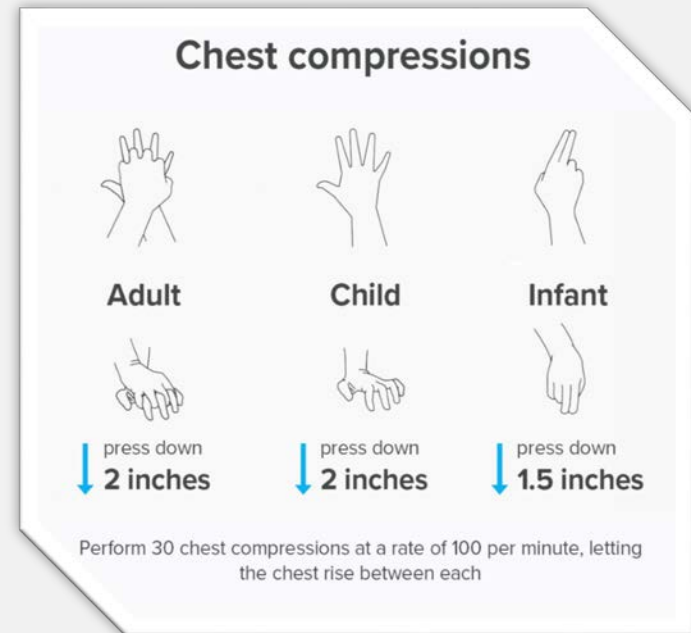
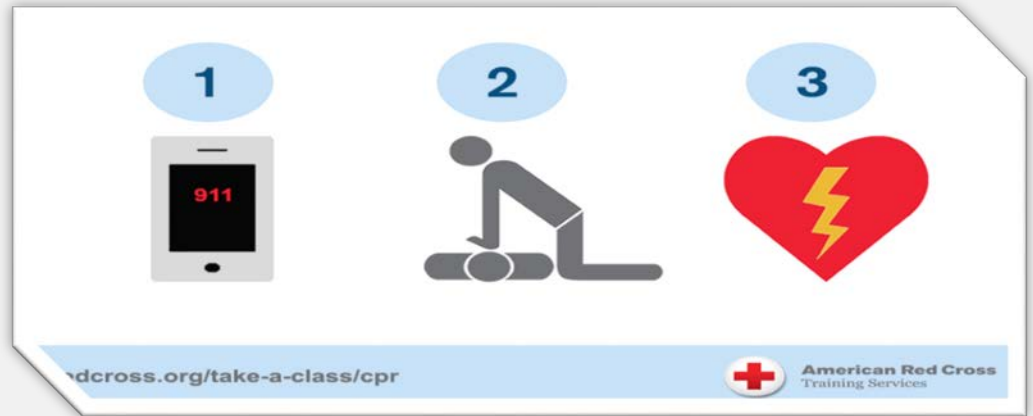


# What to Do: Step 2

**IMMEDIATELY  
BEGIN CPR!**

**Continue CPR  
for 2 cycles (100  
compressions  
per cycle)**

**Please Note: If you  
call 911 and do  
nothing until EMS  
arrives, the victim  
will most likely die!**



# How to Perform CPR

With  
the  
victim  
on the  
floor:

- Kneel beside them.
- Place the heel of one hand on top of the other.
- Lock your elbows.
- Aim for the middle of the chest (on the sternum between the nipples).
- Push as hard and as fast as you can (try for 100 compressions/minute).
- Take turns with another person when tired. If two rescuers are available, switch every 200 compressions (~two minutes) – reduces fatigue.



# What to Do: Step 3-Automated External Defibrillator (AED)



AED will analyze the heart's rhythm and deliver an electrical shock, or defibrillation, to help the heart to re-establish an effective rhythm.

Chances of survival is 49%-75% if AED is used within 5 min.

# How to Use an AED

Turn on the AED

- Follow voice Prompts

Expose Chest

Open shirt/blouse.  
Rip or cut if  
necessary.

Remove  
medication patches  
from victim.

Make sure chest is  
clean and dry.

Remove bra. May  
contain metal wire  
which could cause  
a shock.





# How to Use an AED

## Attach Pads

- One pad attached to upper right chest.
- One pad goes on the left side of chest wall.

## Allow AED to analyze the heart rhythm.

- Once pads in place, AED will analyze the heart rhythm to determine if shock should be administered.
- If “shocked advised”, shock victim and resume CPR.



# How To Use and AED cont.



## Deliver the shock

Remain Calm

Do not touch victim



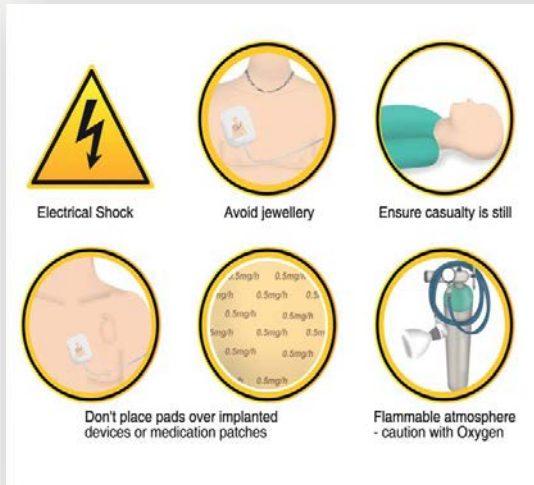
## After the shock

Resume CPR

Do not turn off AED. Unit will continue to monitor heart rhythm.

Now safe to touch pads and patient

# AED Facts



Will not shock a properly functioning heart.

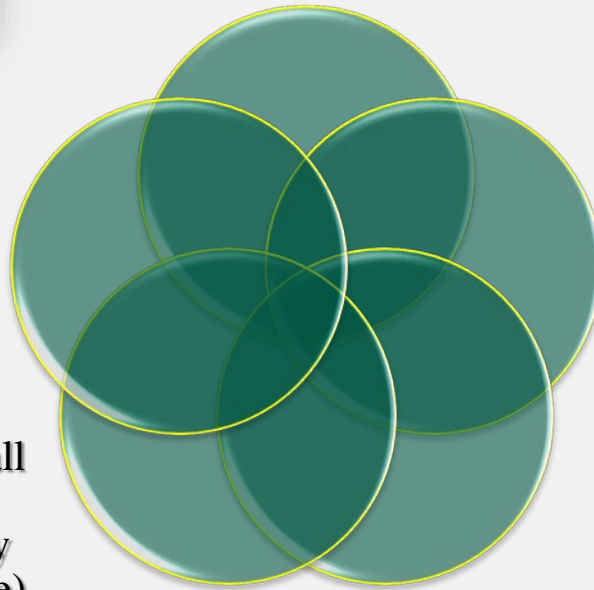


Do not place AED pads over implanted devices (ex. Pacemaker)

It will advise shocks ONLY if there is a shockable rhythm.

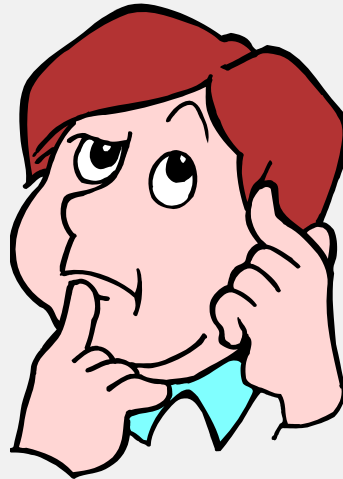
Push or remove all jewelry, metal, remove bra (may contain metal wire), and medical patches.

Shave hairy chest area where pads will attach.





# ??? Questions ???



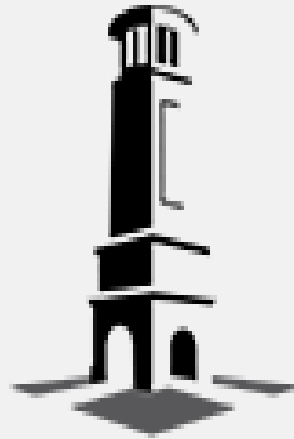
*Please complete the survey (back of page).*

*Training Facilitated-AED*

*Facilitator Name-Roderick Allmond*



# THANK YOU, For Your Attention!



**NORFOLK STATE**  
UNIVERSITY

***“BEHOLD THE GREEN AND  
GOLD!!!”***