

# CORPULS AED

Using an AED can be scary and sometimes it's difficult to remember what to do

Follow these 4 easy steps



- ♥ Is it safe to approach?
- ♥ Are they breathing normally?
- ♥ Shout for help
- ♥ Call **999**, put your phone on speaker and tell them the person isn't breathing

1



2

- ♥ Ask someone to fetch the AED or fetch it yourself
- ♥ Start chest compressions in the centre of the chest
- ♥ Push hard and fast
- ♥ **Don't stop** until you have an AED



- ♥ When you have an AED, press the **On** button

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4

- ♥ Follow the instructions given by the AED
- ♥ Continue chest compressions until:
  - The AED tells you to pause
  - A paramedic arrives and gives you instructions
  - The person shows obvious signs of life

