

How to perform CPR

with an AED

1

Assess the scene

- Quickly check the area for safety hazards.

Is the area safe?



2

Check for a response and breathing

- Ask "Are you Okay?", then **tap the shoulder**.
- **Open the airway** with head-tilt chin lift.
- **Observe** for effective breathing for up to 10 seconds.

Are you Okay?



3

Ask for help & call 911

- Once you've determined that the person is suffering a sudden cardiac arrest, get someone to **call 911** if you haven't already.



4

Start / continue CPR immediately

- Place hands on the center of the chest
- Compress **5 to 6cm deep** **30 times** at a rate of 100 to 120 compressions per minute.
- Pinch nose and make a **tight seal** over the mouth, **breathe** into casualty twice.



Repeat until
an AED arrives

5

follow AED prompts



When an AED arrives, follow the audio prompts

- **Open/turn on** the device, **follow the audio prompts**, and **place the pads** as indicated by the pads' picture.
- **Do not worry**. The AED will **NOT** shock a person who does not need a shock.
- **Continue to give CPR** and follow audio prompts from the AED.