

AUTOMATED EXTERNAL DEFIBRILLATOR & CPR

AEDs are currently not mandatory in Australia, although they are an important aid in lifesaving first aid and DRSABCD.

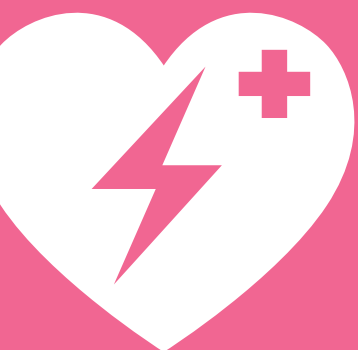
WHAT IS AN AUTOMATIC EXTERNAL DEFIBRILLATOR (AED)

An AED is a piece of equipment that, in cardiac arrest events, is attached to a person's chest and the technology analyses the heart to determine if a shock is required to attempt to restart it.

The AED looks to see if the person is in a shockable rhythm, primarily VF (ventricular fibrillation - cardiac arrest). If this heart rhythm is detected, the machine will provide a shock to the person's heart.

The shock will momentarily stop the heart in the hope it will kick back in to a normal rhythm. If a person is not in a shockable rhythm, the machine will not provide a shock. The machine cannot be misused.

The AED has a rescue kit with items that are required to use the machine. These include a razor (to minimise chest hair on males), gloves, CPR face mask and scissors (to cut clothing).



An AED provides support for CPR including:

a metronome to keep CPR rate // a timer for 2 minute cycles of CPR // quality of CPR compressions (not all models) // re-analyses heart every 2min, in line with cycles of CPR



The **AED is to be used in conjunction with CPR** and does not replace a person doing CPR. AEDs are fully mobile with their own battery and electrode pads. Both the battery and pads **MUST** be connected at all times.

The AED provides voice instructions on how to operate the unit and includes additional support for the rescuer/s to do CPR.

The machine will advise you when the pads and battery need replacement and if there are any systems issues.

When purchasing a defibrillator, training is normally included in the package you purchase. The machine additionally is provided with operating manuals and manufacturers guidelines.

WHAT IS EFFECTIVE CPR?

Early and effective CPR is vital in a person's ability to survive a cardiac arrest! It assists with the flow of oxygen to vital organs and buys valuable time before the Ambulance arrives. CPR is considered more important in comparison to the AED.

- 01** 30 compressions : 2 Rescue Breaths OR Hands Only CPR
- 02** Compressions 1/3 depth of the chest (all ages)
- 03** 100-120 compressions per minute
- 04** CPR is physically tiring – rotate person doing CPR every 2mins

Above CPR rates are applicable for adults, children and babies.

All accredited first aid courses include a component of CPR and the use of an AED. It is important for everyone to keep their skills up to date. The Australian Resuscitation Council recommends:

- **HLTAID001:** Cardiopulmonary Resuscitation *Update every 12mths*
- **HLTAID003:** Provide First Aid *Update every 3yrs*

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to give a beat
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THE GOOD SAMARITAN ACT

It is important to know that any individual administering first aid in Australia is covered by the Civil Liabilities Act 2002, or more commonly referred to as the Good Samaritan Act. This includes the use of an AED.

 **Civil Liability Act 2002 No 22**
Current version 1 July 2015

Part 8 Section 56

56 Who is a good samaritan

A good samaritan is a person who, in good faith and without expectation of payment or other reward, comes to the assistance of a person who is apparently injured or at risk of being injured

Part 8 Section 57

57 Protection of good samaritans

(1) A good samaritan does not incur any personal civil liability in respect of any act or omission done or made by the good samaritan in an emergency when assisting a person who is apparently injured or at risk of being injured.

(2) This section does not affect the vicarious liability of any other person for the acts or omissions of the good samaritan.

