

Automated External Defibrillation

An AED (Automated External Defibrillator) is a device that provides an electrical shock called defibrillation to the heart. Defibrillation disrupts the electrical activity long enough to allow the heart to spontaneously develop an effective rhythm on its own. The sooner a victim of cardiac arrest is administered a shock, the greater the chance of survival because for each minute defibrillation is delayed, the chance of survival is reduced by approximately 10%.

Using an AED collectively with CPR will help save the lives of more people. Early defibrillation is a link within the “Cardiac Chain of Survival”. The four links in the “Cardiac Chain of Survival” are:

1. Early Access/Recognition
2. Early CPR
3. Early Defibrillation
4. Early Advanced Medical Care

Like CPR and First Aid training, AEDs are becoming more prevalent in corporate America. Proper AED training is becoming a standard of providing care.



There are many different types and manufacturers of Automated External Defibrillators, but all are equipped to give a shock if necessary. All AEDs are designed to be user-friendly and offer voice commands to help ease and assist a responder during a cardiac arrest situation.

When cardiac arrest occurs, an AED should be used as soon as it is available and ready to utilize. If the AED advises that a shock is needed, the responder should follow protocols to provide one shock followed by five cycles (about two minutes) of CPR. If "No Shock" is indicated or after a shock has been delivered, five cycles of CPR are given before analyzing the heart rhythm again.

AEDs require minimal maintenance and like any other machine to perform optimally must be maintained. All operators must be familiar with the type of AED they have at their facilities.

As always, with any security related matter feel free to contact **Linda Keefe** at **858.952.9943** or **lkeefe@gmiweb.com** and remember all consultations are free for GMI clients.