

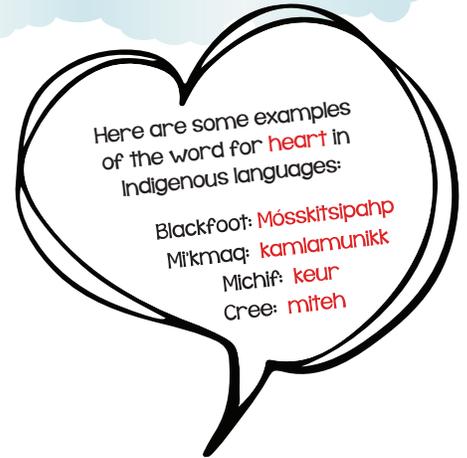


Increasing awareness of cardiac arrest and learning how to do CPR and use an AED!

## Community Search

### What is an AED?

AED stands for Automated External Defibrillator. Cardiac arrest is when a person's heart suddenly stops beating. An AED is a small portable device that analyzes a heart rhythm and can deliver a shock to the heart if it's needed for a person in cardiac arrest. Anyone can use an AED. These devices only need the user to turn the AED on and follow the audio instructions.



### What does CPR and using an AED do?

CPR keeps blood pumping through the heart when the heart isn't pumping on its own. This keeps the blood going to the brain and the rest of the body. The AED may be able to shock the heart's rhythm back to normal, allowing the heart to beat correctly on its own again.



**Activity:** Use what you've learned above to teach friends and family members about AEDs. With the help of an adult, do research on where you can find three AEDs in your community or where you think they should be located.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Cardiac arrest is a medical emergency. Phone 9-1-1 and shout for an AED.**

If the person does not respond to touch or sound, is not breathing or not breathing normally (only gasping), push **HARD** and **FAST** in the centre of the chest. If an AED is available, use it.

Phoning **9-1-1**, starting **CPR** and using an **AED** - within the first minutes **can double the chances of survival**. It's in your hands!