



WHAT IS AN AED?

An Automated External Defibrillator (AED) is a portable lifesaving device that quickly and safely evaluates the electrical activity of a victim's heart and determines if the heart would benefit from applying a "shock" of energy. Together with CPR, early defibrillation can dramatically increase the survival rate for someone who has suffered a sudden cardiac arrest.

DOES MY FACILITY NEED ONE?

Cardiac Arrest can happen to people of any age without warning. Early CPR and AED use can dramatically increase survival rate especially if applied within the first few minutes.

DO I NEED TO BE TRAINED TO USE AND AED?

Public accessible AED's are programmed to be user friendly. Training in CPR and AED is always encouraged to improve a responder's confidence and knowledge. However, untrained bystanders can still follow the voice prompts and effectively utilize the machine.

SHOULDN'T WE WAIT UNTIL THE PARAMEDIC'S ARRIVE?

In most situations it is impossible for paramedics to arrive the second that a cardiac arrest occurs. For every minute that passes after a sudden cardiac arrest has occurred, the chance of survival drops by 10%



The machine will
provide voice
prompt instructions

An AED WILL NOT
shock someone who
does not need it!

You can help
increase survival
rate of sudden
cardiac arrest

We can help you
develop a response
plan for your
workplace

MIDDLESEX-LONDON
PARAMEDIC SERVICE

1035 Adelaide Street South
London, Ontario
519-679-5466 ext. 1118

www.mlems.ca

pad@mlems.ca

twitter: @MLPS911

IF YOU WITNESSED A FAMILY MEMBER OR COWORKER GO INTO CARDIAC ARREST, WOULD YOU KNOW WHAT TO DO?

Many Canadians state that they would be able to recognize signs and symptoms of a potential heart attack or cardiac emergency, but only few say that they have the skills or confidence to help in this common and life threatening emergency.

Getting someone to perform CPR is a challenge because people are afraid of diseases and law suits if they do something wrong. Ontario has enacted Good Samaritan Laws to encourage people to help others in emergency situations. These laws give legal protection to people who provide emergency care to ill or injured persons. They require that the Good Samaritan use common sense and a reasonable level of skill not to exceed the scope of the individual's training in emergency situations.

Steps for hands-only CPR (use the image of the card with steps as a visual)

1. Check if the person is responding to you or breathing *normal*
2. Call 911
3. Push hard and fast 100 times per minute in the center of the chest

Nearly 60 per cent of Canadians who have had to perform CPR did so to help a family member.



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