

Fallbrook Union High School District

Automated External Defibrillators (AEDs)

AED Use Procedures

1. Check the scene and the person. Make sure the scene is safe, then tap the person on the shoulder and shout "Are you OK?" to ensure that the person needs help.
2. Call 911 for assistance. If it's evident that the person needs help, call (or ask a bystander to call) 911, send someone to get an AED. (If an AED is unavailable, or there is no bystander to access it, stay with the victim, call 911 and begin administering assistance.)
3. Open the airway. With the person lying on his or her back, tilt the head back slightly to lift the chin.
4. Check for breathing. Listen carefully, for no more than 10 seconds, for sounds of breathing. (Occasional gasping sounds do not equate to breathing.) If there is no breathing begin CPR.

Red Cross CPR Steps

1. Push hard, push fast. Place your hands, one on top of the other, in the middle of the chest. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute.
2. Deliver rescue breaths. With the person's head tilted slightly and the chin lifted, pinch the nose shut and place your mouth over the person's mouth to make a complete seal. Blow in the person's mouth to make the chest rise. Deliver two rescue breaths, then continue compressions.

Note: If the chest does not rise with the initial rescue breath, re-tilt the head before delivering the second breath. If the chest doesn't rise with the second breath, the person may be choking. After each subsequent set of 100 chest compressions, and before attempting breaths, look for an object and, if seen, remove it.
3. Continue CPR steps. Keep performing cycles of chest compressions and breathing until the person exhibits signs of life, such as breathing, an AED becomes available, or EMS or a trained medical responder arrives on scene.
5. Turn ON AED.
6. Apply electrode pads to victim's bare chest, according to diagram on back of electrodes:
 - a. Shave or clip chest hair if it is so excessive it prevents a good seal between electrode pads and skin.
 - b. Wipe checks clean and dry if victim's chest is dirty or wet.
 - c. Peel electrode pads, one at a time, from the backing or liner.
 - d. Press electrode pads firmly to skin.

NOTE: If victim is less than 8 years old or under 25kg (55 lbs), remove pre-connected adult defibrillation electrodes, connect the Infant/Child Reduced Energy Defibrillation Electrodes to the AED and proceed with steps 6b, 6c, and 6d. Do not delay therapy to determine precise age or weight of child. If in doubt, defibrillate with pre-connected defibrillation electrodes. LIFEPAK 500 AEDs must be biphasic models with a pink connector.

7. Follow AED visual and voice prompts.

NOTE: If the LIFEPAK CR Plus AED is a fully automatic unit, the shock occurs without rescuer pushing the shock button.

8. Refrain from using portable radios or cell phones within four feet of victim while AED is evaluating heart rhythm.
9. If victim recovers consciousness and starts moving, place victim in the recovery position and leave the AED attached.

AFTER USE

Notify the Director of Facilities regarding the use of the AED.

Locations of District AEDs:

Athletics Trainer's area; Swim Program Office (pool); Bob Burton Center (PAC) in the foyer; Principal's Office near counselors