







# AED TRAINING — WORKPLACE OVERVIEW

Key Facts & Statistics







## KEY STATISTICS

 <b>10%</b> Survival rate for out-of-hospital cardiac arrest in the UK	 <b>74%</b> Increase in survival when a defibrillator is used within 3 minutes
 <b>3 mins</b> Average time before brain damage begins without CPR	 <b>1 in 5</b> Cardiac arrests occur in public places where AEDs are accessible
 <b>3x</b> Higher survival rate when bystanders use an AED	 <b>2 yrs</b> Recommended AED training refresher interval

## WHY THIS TRAINING MATTERS

Cardiac arrest is a life-threatening emergency where the heart suddenly stops beating. Without immediate intervention, brain damage begins within 3 minutes. The chain of survival — early recognition, early CPR, early defibrillation, and early advanced care — significantly improves survival rates. AEDs are designed for use by untrained bystanders and are found in many public places.

## WHAT YOU WILL LEARN

-  Recognise the signs of cardiac arrest and act quickly
-  Perform effective CPR (cardiopulmonary resuscitation)
-  Locate and retrieve an AED from a public access site
-  Safely attach AED pads and follow voice prompts
-  Understand when and how to deliver a shock
-  Continue CPR after a shock until emergency services arrive