

AED TRAINING — PRACTICAL SKILLS GUIDE

Specific Skills Reference Sheet

KEY KNOWLEDGE

An AED (Automated External Defibrillator) analyses the heart rhythm and delivers a controlled electric shock to restore normal rhythm in cases of ventricular fibrillation or pulseless ventricular tachycardia. Modern AEDs provide clear voice instructions and are safe to use. The pads must be placed correctly — one below the right collarbone and one on the left side below the armpit. Always ensure no one is touching the patient when the AED analyses or delivers a shock.

STEP-BY-STEP PROCESS

1

Call 999

Call emergency services immediately and request an AED if available nearby



CALL 999

2

Start CPR

Begin 30 chest compressions followed by 2 rescue breaths — continue until AED is ready



CPR

3

Switch On AED

Press the power button or open the lid — follow the voice prompts



SWITCH ON

4

Attach Pads

Remove clothing, attach pads as shown — one below right collarbone, one left side below armpit



ATTACH PADS

LEGISLATION & STANDARDS

Resuscitation Council UK Guidelines 2021 | Health and Safety (First Aid) Regulations 1981