

# SUDDEN CARDIAC ARREST



## AED SAFETY

AEDs DELIVER AN ELECTRICAL SHOCK DESIGNED TO STOP THE HEART.

This is helpful when a person is experiencing an irregular cardiac rhythm, as it gives the heart the opportunity to resume normal function.

However, if used incorrectly, an AED can be very dangerous – **it could stop your heart, too.**



1

BEFORE APPLYING THE AED PADS, REMOVE ANY METAL FROM THE CHEST AREA, FOR EXAMPLE:

NECKLACE

NIPPLE  
RING

UNDERWIRED  
BRA

GTN PATCH

2

## APPLICATION

Check that the pads are placed in the correct position and securely attached to the player's bare chest.

This will allow the AED's electric current to flow between the pads and through the heart.

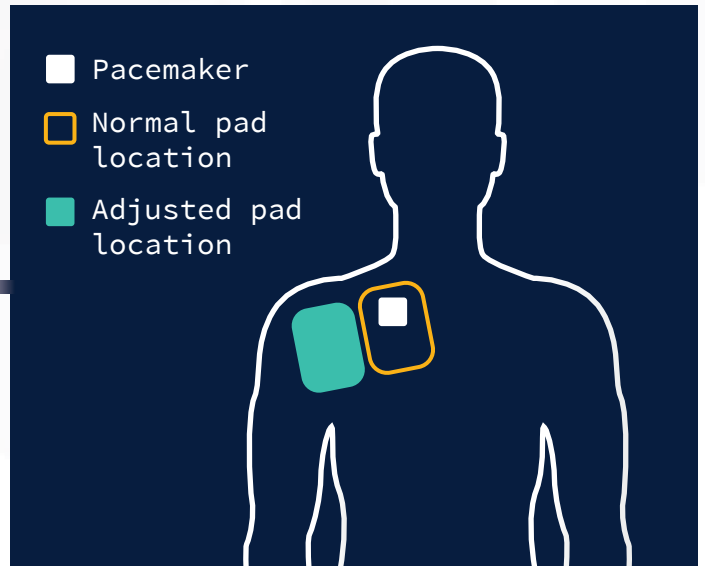


3

## WATCH OUT

Some players may have a pacemaker. This device is found under the skin, just beneath one of the collarbones.

If the pacemaker is on the right-hand side of the player's chest, you'll need to adjust the normal position of the upper AED pad by one width.



THIS AVOIDS PLACING A PAD OVER THE PACEMAKER, BUT STILL 'SANDWICHES' THE HEART.

4

## AEDs CAN BE USED IN WET CONDITIONS

However, as they produce an electric current, it is best to avoid liquid where possible. Check for:

### SWEAT

If present on your player's chest, wipe clean.

### LOCATION

A damp pitch is fine. However, if your player is in a pool of water, they'll need to be shifted out of the liquid (quickly) before the AED is applied.

### WATER

If it's raining or snowing, try to shield your player with an umbrella.

5

DELIVERING A SHOCK TO A PLAYER ON A STRETCHER? ENSURE THAT NEITHER YOU, NOR THE AED PADS, ARE TOUCHING ANY METAL SECTION.





IF OXYGEN IS PRESENT, IT SHOULD BE MOVED AT LEAST A METER FROM THE PLAYER BEFORE A SHOCK IS DELIVERED - OR IT COULD CATCH FIRE.



WHEN DELIVERING THE SHOCK:

ENSURE THAT  
NO ONE IS  
TOUCHING THE  
PLAYER

1

SHOUT STAND  
CLEAR

2

PUSH THE  
FLASHING  
SHOCK  
BUTTON

3



OUR CLUB'S AED

OUR CLUB'S FIRST AIDERS ARE:

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.....

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OUR AED IS LOCATED:

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