

SKILL SHEET

AED Use for Adults

Step 1 Turn on the AED and follow the prompts

- Because AED models function differently, follow your facility's protocols and the manufacturer's instructions for the AED you have.



Step 2 Expose the chest

- Expose the chest and wipe it dry, if necessary.

Step 3 Attach the pads

- Use an anterior/lateral pad placement, according to the manufacturer instructions:
 - Place one pad on the upper right chest, below the right clavicle to the right of the sternum.
 - Place the other pad on the left side of the chest along the midaxillary line a few inches below the armpit.
- Or, use an anterior/posterior placement, according to the manufacturer instructions:
 - Place one pad to the center of the patient's chest—on the sternum.
 - Place one pad to the patient's back between the scapulae.



Alert

Do not use pediatric AED pads or pediatric levels of energy on an adult or on a child older than 8 years or weighing more than 55 pounds.

SKILL SHEET

AED Use for Adults *(continued)*

Step 4 Prepare to let the AED analyze the heart's rhythm

- If necessary, plug in the connector and push the analyze button.
- Instruct everyone to stand clear while the AED analyzes. No one, including you, should be touching the patient.
- As the AED analyzes, switch positions if you are working with a team. The provider giving compressions should hover their hands above the patient's chest.



Step 5 Deliver a shock, if the AED determines one is needed

- If the AED advises a shock, again instruct everyone to stand clear. The compressor should continue to hover their hands over the patient's chest in preparation for CPR.
- Press the shock button to deliver the shock.



Step 6 After the AED delivers the shock, or if no shock is needed

- Immediately begin CPR. You do not need to wait for the AED prompt.
- Continue for about 2 minutes until:
 - The AED prompts that it is reanalyzing.
 - The patient shows signs of return of spontaneous circulation.
 - The team leader or other trained providers instruct you to stop.
- If you are working with a team, rotate roles during the analysis to prevent fatigue as needed.

