



## DEFIBRILLATOR INFORMATION

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### Introduction

Early use of a defibrillator ("Automatic External Defibrillator" or "AED") in cases of sudden cardiac arrest can dramatically increase a casualty's chance of survival.

**Bendigo City FC has an AED located within the main pavilion at Epsom Huntly Recreation Reserve – in the function room area.**



### About Automatic External Defibrillators (AEDs)

AEDs (Automatic External Defibrillators), when used within the first 3-5 minutes of a person suffering a sudden cardiac arrest, can dramatically increase a casualty's chance of survival from 5% (without defibrillator) to as much as 70% and higher with a defibrillator on the scene.

- AEDs are designed to be used by virtually anyone with little or no experience.
- An AED will automatically analyse the heart rhythm of a pulse less casualty and, if the casualty is in ventricular fibrillation (VF) or ventricular tachycardia (VT), shock the casualty's heart in an attempt to restore its rhythm to normal.
- AEDs will not shock casualties who do not require a shock.

### Responding to sudden cardiac arrest

1. Send for help – call 000
2. Check the casualty's breathing and airway.
3. If no pulse / not breathing, commence cardiopulmonary resuscitation (CPR) – 30 compressions to 2 breaths.
4. Send someone to fetch an AED.  
***There is an AED located in the hallway of Epsom Huntly Recreation Reserve main pavilion, outside the first aid room.***
5. Turn on the AED.
6. Follow the visual and voice prompts of the AED.
7. Attach the electrode pads to casualty's bare chest. (Expose the person's bare chest, whether male or female).
8. Stand clear of the casualty while the AED analyses the casualty's heart rhythm.
9. The AED will automatically analyse the heart rhythm of the casualty and advise whether a shock is required.
10. If you get a "no shock advised" instruction from the AED it can mean the casualty is not in a 'shockable' rhythm
11. If the AED indicates that a shock is required, make sure that everyone is "CLEAR" of the casualty. Tell everyone assisting you to stay clear of the casualty and ensure that you are clear of the casualty as well. Then press the shock button on the AED machine to deliver the first shock. (Fully automatic AED will shock the casualty automatically) Immediately following the shock, begin 2 minutes of CPR as instructed by the AED.
12. Perform CPR in cycles of 30 chest compressions to 2 breaths for 2 mins or until the AED informs you to "Stop CPR"  
Note: Do not remove the AED chest pads while performing CPR.
13. Check the casualty's rhythm.  
After 2 minutes the AED will say "Stop CPR, analysing" The AED is now analysing the casualty to see whether a shockable rhythm is present and instruct you again either "Shock advised" or "No shock advised", continue CPR in intervals of 2 minutes or until help arrives.

If the AED gives a "no shock advised" message after any analysis, check the casualty's pulse and breathing. If a pulse is present, monitor the casualty's airway and provide rescue breathing as needed.

## Safety

- Do not use on conductive surfaces - water - fluids - metals if you can avoid them.
- Do not operate an AED if under the effects of alcohol or drugs
- Do not touch casualty when shock therapy is being delivered.
- Do not use in an explosive environment, e.g. oxygen enriched, gaseous or fume environment

## After use

- If an AED has been used in an emergency, it should be serviced before the next use following the instructions contained in the unit.

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## Date and approval

Approved by the Bendigo City Football Club committee

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