



American Heart Association®

Hard Hats with Heart™



Toolbox Talks

What and Where is Your Automated External Defibrillator (AED)

CPR (cardiopulmonary resuscitation) and AED (automated external defibrillators) are the methods used to revive victims of cardiac arrest, which can occur suddenly and without warning. Cardiac arrest is triggered by an electrical impulse that causes an arrhythmia (irregular beat) in the heart, preventing it from transporting blood to the person's brain, lungs, and other vital organs. Although those sound like complicated medical terms, CPR and AED are simple. They are important techniques for every person to be aware of and ready to put into action whenever necessary.

What is an Automated External Defibrillator (AED)

An AED is a lightweight, portable device that delivers an electric shock through the chest to the heart. The shock can potentially stop an irregular heart beat (arrhythmia) and allow a normal rhythm to resume following sudden cardiac arrest. Again, sudden cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly. If not treated within minutes, it can quickly lead to death.

AED's make it possible for more nonmedical people to respond to emergencies. AED's are part of emergency response programs that also include rapid use of 9-1-1 and prompt delivery of CPR, which together are vital to improving survival from sudden cardiac arrest

Do you know where to find the AED on our jobsite?

(Instruct listeners on where the AED is; consider showing a map.)

Review you company's emergency procedures.

Remember, AEDs are intended for use by the general public. Simply turn it on and follow the visual and audio prompts as it instructs. They are easy to use, so don't be afraid to take action if you see someone in need.

Frequently Asked Questions:

Do I have to be certified to use an AED?

No! AED's use audio prompts to instruct users. While being certified in CPR/AED is helpful for more detailed instruction, anyone can use an AED or perform Hands-Only CPR in the case of an emergency.

Discussion Questions:

- What questions do you have about the process for emergency response on a jobsite?