

What is An AED?

An Automated External Defibrillator, or AED, is a portable device used to help people whose heart has suddenly stopped. This medical device checks the heart's rhythm and if needed, can send an electrical shock to help get your heart rhythm back to normal.

AEDs are used in emergency situations when someone is in cardiac arrest. If you see someone who is unconscious, not breathing and has no pulse, call 911 and look for an AED. It can save their life.

An AED is made of several parts - a lightweight base machine, defibrillation pads and connectors. The pads usually go on a bare chest near the heart - one of the upper right side below the collar bone and the other on the lower left side near the armpit. The electrical shock delivered will travel in both directions between these two pads.

After the AED delivers the shock, or if no shock is needed, perform CPR until help arrives. AED's can be found at airports, government buildings, schools, hospitals, offices and community centers. They are also used by first responders.

An AED is a critical life-saving device. For more information or to become CPR/AED trained, go to redcross.org.