

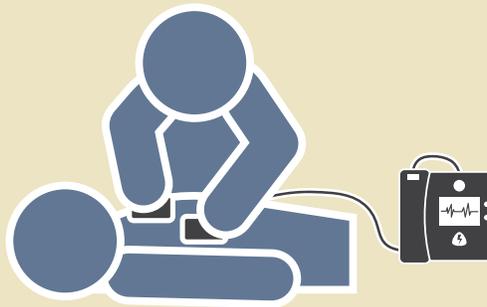
## What's in an AED kit?



You may have seen one at the gym, on airplanes or at the mall. But what is it? And more importantly, what does it do?

### What it is

An AED (automated external defibrillator) is a portable device that delivers an electric shock through the chest to the heart. When someone has a heart attack, an AED can help stop an irregular heartbeat, allowing a normal rhythm to resume.



### Why it matters

Accompanied by **CPR**, an **AED** can mean the difference between life or death.

-  For each minute defibrillation is delayed, the chance of survival is reduced approximately **10%**.
-  Heart attacks affect more than **300,000 people** over age 40 every year.
-  The use of an AED can increase the odds of surviving a heart attack to **40% or higher**.

## Inside an AED kit



### AED

The device itself uses voice prompts, lights and/or text messages to guide the rescuer



### Pads

Details illustrating pad placement typically are printed on each pad



### Wire connectors

To plug the pads into the device



### Biohazard bag

For safely disposing of disposable contents after use



### Gloves

To protect both the person and rescuer, and help keep the environment sterile



### Scissors

For cutting the person's clothing quickly, to access their chest



### Razor

To shave the person's chest, if needed, to give the pads direct contact



### Disinfecting wipes

To clean the areas of the person's body where the pads will go



### Towelette

To dry the person's body in preparation for possible electric shock



### CPR mask

Together with an oxygen inlet, this is used to optimize the breathing portion of CPR

## Learn to save a life

AEDs are meant to be used with CPR. To take a CPR class, and learn how to operate an AED, visit [sharp.com/cpr](http://sharp.com/cpr).



## From the expert

"Minutes count, and proper CPR with the use of an AED can be the difference between life and death."

— Marti Repik, Basic Life Support instructor at the Sharp HealthCare Cardiac Training Center



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