

# Use of an Automated External Defibrillator (AED)

## Health and Safety Toolbox Talk

### 1. Purpose

The purpose of this Toolbox Talk is to ensure all operatives understand:

- What an AED is and how it works
- When and how to use it
- Their responsibilities during a cardiac arrest emergency
- The importance of acting quickly and confidently

### 2. What is an AED?

An Automated External Defibrillator (AED) is a portable device that delivers an electric shock to the heart to restore a normal rhythm during sudden cardiac arrest.

It provides clear voice and visual prompts, making it suitable for use by trained and untrained personnel.

On construction sites, AEDs are typically located in high-traffic, accessible areas such as site offices, welfare cabins, or designated first-aid stations.

### 3. Reference Videos

Attached to this Toolbox Talk is an instructional AED video.

These demonstrate how an AED is typically used and will give you confidence in recognising the process.

#### Important note:

- The videos show a specific model of AED.
- The AED on your site may not look identical, may open differently, or may have pads stored in other compartments.
- However, all AEDs operate on the same fundamental principles:
  - Turn the AED on
  - Follow the audible and visual prompts
  - Attach the pads as shown in the diagrams
  - Stand clear when instructed
  - Resume CPR as directed

So do not worry if the AED on your site is a different brand or shape—the process remains the same, and the device will guide you once it is switched on.

### 4. When Should an AED Be Used?

Use an AED as soon as possible when a person:

- Is unresponsive
- Is not breathing normally or has agonal breaths
- Has no signs of life

Immediate use of an AED significantly increases the casualty's chance of survival.

### 5. Steps to Follow in an AED Emergency

#### Step 1 – Assess the Scene

Ensure the area is safe for you and the casualty. Consider machinery, vehicles, electrical hazards, and site-specific dangers.

#### Step 2 – Check Response & Breathing

Shout: “**Are you alright?**” and gently shake the casualty.

If no response and not breathing normally, call for help immediately.

#### Step 3 – Call for Help

- Shout for assistance.
- Tell someone specifically: “**Call 999 and bring the AED!**”
- Request the site first aider to attend.

#### Step 4 – Start CPR

Begin chest compressions at **100–120 per minute**. Continue until the AED arrives.



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### Step 5 – Turn on the AED

Switch the AED on and follow the voice prompts.

Expose the casualty's chest and place the electrode pads in the positions shown on the pad illustrations.

### Step 6 – Allow AED to Analyse

Ensure no one touches the casualty.

The AED will determine if a shock is needed.

### Step 7 – Deliver Shock if Advised

Shout "Stand clear!"

Press the shock button when instructed.

### Step 8 – Resume CPR

Continue CPR immediately for 2 minutes or until advised otherwise by the AED.

## 6. Key Points for Construction Environments

- Know exactly where the nearest AED is located on your site.
- Ensure access routes remain clear.
- AEDs must be regularly inspected to confirm battery, and pads are in date.
- The AED cannot shock someone unless it detects a shockable rhythm.
- If the casualty is dusty or sweaty, wipe the chest quickly so pads adhere.
- Do not use the AED in standing water or in explosive atmospheres.

## 7. Common Misunderstandings

- "I'm not trained."  
AEDs are designed to guide you through the process—training is helpful, but not essential.
- "What if I hurt them?"  
You cannot make the situation worse. Doing nothing is far more dangerous.
- "I'm concerned about legal repercussions."  
Good Samaritan principles apply acting in good faith to save a life is protected.

## 8. Responsibilities

All operatives must:

- Familiarise themselves with AED locations on-site.
- Respond quickly and confidently in an emergency.
- Assist first aiders and emergency services when required.

## 9. Questions for the Team

- Do you know where the nearest AED is located?
- Have you watched the attached videos?
- What are the key steps if someone collapses?

[ZOLL Powerheart G5 AED Demo Video](#)

[ZOLL® Powerheart® G5 device, Basic Training Video, AHA, English](#)