



MEDIANA AED DEFIBRILLATOR INSTRUCTIONS FOR USE

The following instructions are taken from the Mediana website (www.medianadefib.co.uk).

This AED machine will automatically switch on when opened. The pads are attached and ready to use. The pads fit both adults and paediatrics. LED indicator lights flash with the corresponding voice prompts. The battery is disposable, LiMnO₂ Non-rechargeable, with 2 years shelf life, and 5 years standby life.

INSTRUCTIONS FOR USE

1. If possible, get casualty to warm and dry place. Water will affect effectiveness of electric shock system.
2. CALL 999 (or 112 from mobile)
3. Check the responsiveness of the patient.
4. Check the following: **A**irway, **B**reathing, **C**irculation.
5. After checking the person's mouth to check their airway is clear, tilt their head back to open their airway.
6. With your head by their face, look to see if their chest is moving and feel for breathing on your cheek. Do this for no more than 10 seconds. If the person is not breathing, begin CPR.
7. **CPR:** Place your hands in the centre of the patient's chest. Interlock your fingers and press down hard on their chest, compressing by a third. Repeat this to approximately 100-120 compressions per minute.
8. Once you get to 30 compressions, blow 2 breaths that are over a second and a half long directly into their mouth. Continue for two minutes giving a cycle of 30 compressions followed by 2 breaths.
9. **OPEN THE COVER of the AED:** The machine switches on automatically when the lid is opened. Pads are pre-fixed and ready for adult or paediatric use. If the pads are not plugged in, the machine will direct you to "*insert pads firmly.*"

10. **REMOVE CLOTHES** from patient's chest - and remove anything that might contain metal (jewellery and bras).
11. **FOIL PACKET** - Remove packet and open and select either "Adult" or "Paediatric" on the front of the unit ("paediatric is for 1-8 years old or if person is under 25kg).
12. **PLACE PADS FOR ADULTS** as shown on the pictures, placing pads firmly to bare chest. If patient is particularly hairy you may need to shave their chest (accessory pack, including a razor is in the white AED cabinet on the wall by the front door). Green pad under right collarbone. Red pad beside right nipple, just on the ribs below the heart.
13. **PLACE PADS FOR PAEDIATRICALS** as shown in pictures with green pad on front of chest and red pad on their back.
14. Make sure the pads have good connection with the skin. If they don't, you may hear the instruction, "*check electrodes.*"
15. Once the pads are placed correctly, the machine will say, "*Analysing heart rhythm. Do not touch the patient.*"
16. If the shock is required, the machine will say, "*Shock advised, charging, do not touch the patient.*"
17. When the machine is ready, it will tell you to "*Press the flashing red button now.*" The unit will tell you when the shock has been delivered and when it is safe to touch the patient and you will be told you can begin CPR.
18. After the shock, leave the pads attached and immediately resume giving CPR. The unit will sound a metronome for you to keep a rhythm to.
19. Stay with the patient until the paramedics arrive.