likely. After ten minutes, recovery is virtually impossible.

The Automatic External Defibrillator (AED) can save lives - especially when used soon after sudden cardiac arrest.

AED's and AED systems are typically located in public places, including shopping centers, airports, gyms, and schools. They are also available in many homes, and some organizations offer them as part of workplace safety programs.

You may hear about it on the news: someone falls clutching their chest after working out at the gym, or they feel a pain in their chest while driving to the office. It could be a heart attack or a serious heart condition. In these cases, the AED can make a difference.

The AED analyzes the victim's heart rhythms and will only administer shocks as needed. The device will guide the rescuer through the necessary steps. Follow specific instructions given by your AED manufacturer.

Once the device has confirmed that the person is in cardiac arrest, follow these steps:

1. After 15 minutes, recovery is virtually impossible. After 3 minutes, serious brain damage is possible. After 2 minutes, irreversible brain damage is likely. After ten minutes, recovery is unlikely. After 15 minutes, recovery is virtually impossible.

2. Expose the person's chest. If the person's chest is covered, remove the clothing. Place one pad on the lower right ribcage, just above the waste. Place the other pad slightly below the other nipple and to the right center of the person's chest above the waste. Follow specific instructions. You'll hear voice prompts and see instructions. You'll hear voice prompts, lights, and text messages to instruct the rescuer on when and how to administer an electric shock.

3. Follow specific instructions. Your AED will analyze the victim's heart rhythms and will only administer shocks as needed. The device will guide the rescuer through the necessary steps. Follow specific instructions given by your AED manufacturer.

4. The device will guide the rescuer through the necessary steps. Follow specific instructions given by your AED manufacturer.

5. After 3 minutes, serious brain damage is possible. After 2 minutes, irreversible brain damage is likely. After ten minutes, recovery is unlikely. After 15 minutes, recovery is virtually impossible. After 15 minutes, recovery is virtually impossible.

Remember, the sooner an AED is used, the better the outcome. The AED can make a difference - especially when used soon after sudden cardiac arrest.

The AED in 5 Easy Steps:

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