



## Use of an Automated External Defibrillator

### When to use an AED:

Automated External Defibrillators (AED) are placed across NCSSM's campus. If someone exhibits signs and symptoms of a heart attack or stroke (see below), or stops breathing, use of an AED is recommended.

### To use an AED, first:

1. Check the scene make sure area is safe.
2. Check the victim by shaking the victim's shoulder and asking, "Are you OK?"
3. Send someone to call 911 and inform a Community Coordinator and Campus Safety and Security.
4. Get AED open and follow the verbal instructions.
5. If no one else is around, get and open the AED, follow the instructions, then call 911.

### Signs and Symptoms of a Heart Attack

1. Chest discomfort. Many heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain. And remember: NOT ALL PEOPLE WITH HEART ATTACKS HAVE CHEST PAIN.
2. Discomfort in other areas of the upper body.
3. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
4. Shortness of breath with or without chest discomfort.
5. Other signs may include breaking out in a cold sweat or feeling nauseous or lightheaded.

### Signs and Symptoms of a Stroke

1. SUDDEN numbness or weakness of face, arm or leg especially on one side of the body.
2. SUDDEN confusion, trouble speaking or understanding.
3. SUDDEN trouble seeing in one or both eyes.
4. SUDDEN trouble walking, dizziness, loss of balance or coordination.  
SUDDEN severe headache with no known cause.

### Act F.A.S.T

**FACE:** Ask the person to smile. Does one side of the face droop?

**ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**SPEECH:** Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?

**TIME:** Call 911 or get to the hospital fast. Brain cells are dying. If the person shows any of these symptoms, time is important