



AED's... You've seen them in the arena, but do you really know what they do and how to use them?

An Automated External Defibrillator (AED) is a portable, self-contained device that has the ability to check for a heart rhythm. If needed, it allows the operator to send an electric shock to a casualty's heart to try and restore a normal rhythm.

All AED's use voice prompts to guide the user through the required steps in its use. The device can be used by anyone; however, AED's used in combination with properly executed CPR, dramatically increases a person's chance of survival. **The Hockey Trainers Certification Program recommends that all Hockey Trainers take a CPR/AED course, or have someone identified who is trained that can assist in these situations.**

As the team hockey trainer;

- Familiarize yourself with the location of the nearest AED in every arena that you play or practice in
- Designate a member of your team to be a part of your EAP (possibly the Control Person) that will retrieve the AED and bring it to you promptly when an applicable emergency occurs.
- If required, activate your EAP, start CPR and as soon as the AED arrives, turn it on and follow the prompts.
- Take a CPR/AED course and keep your knowledge and skills current

Heroes don't just happen, they're trained! CPR and AED's Saves Lives!