



Safety Alert - Automated External Defibrillators (AEDs)

Using an AED can save a life.

AEDs are used to revive someone from sudden cardiac arrest due to a disruption in the heart's electrical activity that prevents the heart from pumping blood around the body effectively.

The sooner the normal heart rhythm is restored, the greater the chance of survival and that there will not be damage to the brain and other organs.

What should we do?

- If someone has collapsed, and you are going to them, then take your AED with you.
- If you do not have an AED, but there is one nearby, then tell someone to get it.
- If the casualty is unresponsive and has stopped breathing then call for help, start CPR and use the AED. This is explained in more detail in the [Safety Alert – Staying Alive](#)



How should we look after our AED?

- Check it regularly (most have a flashing indicator light window to show that it has successfully completed its 'self-check'). Monthly checks should be sufficient.
- AED batteries last for 2 – 5 years depending on the manufacturer and model. Ideally, they should be replaced before the expiry date (stated on the battery).
- AED pads last 18-30 months depending on the manufacturer and model. They must be replaced before expiry date (stated on pad packaging). Pads must be replaced if they have been used or the packaging has been opened (the pad adhesive dries out).

The AED battery does not need to be replaced after every use. Most batteries will last until the expiry date, even after the delivery of up to about 10 shocks but the self-check light should be checked regularly

Learn how to use your AED



There is information on how to use an AED from St John Ambulance [here](#).

There is also information on CPR and emergency care in the Lifesaver interactive videos [here](#).

If in doubt then simply switch the AED ON, listen to the instructions and follow them.



Take care of your AED and know how to use it.

Stephen Worley
Honorary Rowing Safety Adviser
safety@britishrowing.org

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