

FAQs.

What is an AED?

An automated external defibrillator (AED) is a portable machine that can save lives. It is a crucial lightweight machine needed for cardiac arrest occurrence. A cardiac arrest happens when heart malfunctions and stops pumping effectively, either the heart beats too fast or too slow. The person who is experiencing cardiac arrest will lose consciousness and has no pulse and death could occur within minutes if the victim does not receive treatment.

AED is a type of computerized defibrillator that automatically analyses the heart rhythm in people who are experiencing cardiac arrest. It delivers an electric shock through the chest to the heart, automatically administered by the machine.

AEDs are intended for use by the general public and training is not required. Although it is still recommended to receive a training to increase the comfort level and confidence in handling the machine, and gain basic knowledge.

The benefits of AED

1. Life-saving – provide early treatment with first aid to cardiac arrest occurrence
2. User friendly – with verbal and written guide
3. Automated machine – analyse the heart rhythm and administered the shock needed
4. Chain of Survival – Increase the chance of survival before any emergency team arrive
5. Portable - compact, lightweight, battery operated, safe, and easy to use

Cardiac Arrest vs Heart Attack

There are common misconceptions believing cardiac arrest is the same with heart attack. Although, sometimes a heart attack can cause a cardiac arrest but these two are not the same. Cardiac arrest can occur anytime and it is very crucial to handle quickly because the heart stops suddenly and unexpectedly. Regardless, both are emergency situations and in need of fast responds.

Cardiac Arrest	Heart Attack
Heart malfunction by the irregular heartbeat, stopping the flowing of blood to the body and brain.	The blood flow to the heart is blocked.
Unresponsive	Responsive
Not breathing normally	Breathing
Need CPR / AED	Dependant to the situation

Common Signs of Cardiac Arrest

1. Chest pain
2. Dizziness
3. Palpitations
4. Fainting
5. Breathlessness.