



AED

**TICK
TOCK**



**WHAT
IS AN
AED?**

This booklet has been written for children who want to learn about using an AED and CPR to help save a life.

www.hearhythmalliance.org



LOVING YOUR HEART

Your heart is very important in keeping you fit and well. It keeps you active, feeling healthy and also looking good.

Did you know that your heart will beat up to **100,000** times a day and continues to work even when you are asleep?

Your heart is a hardworking organ and needs to be loved and looked after.

In the time it takes you to count to 20, your heart will have pumped blood all the way around your body and back again!





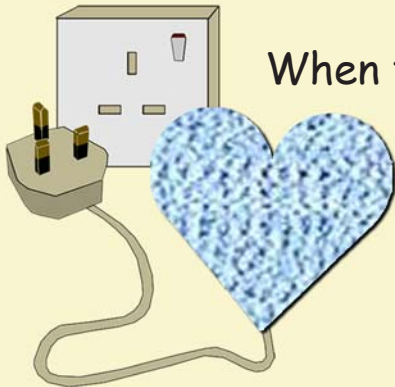
AN UNWELL HEART



Normally your body will let you know when you are unwell. When your heart is not working properly you may feel dizzy, extra sleepy, faint, have headaches, become short of breath or have a fluttering feeling in your chest.

This is because the beats of your heart have changed their rhythm, just like a drummer in a band playing a different beat.

Your heart is told when to work by its own electrical signals. Similar to the electricity that travels into your home and powers your television, electricity is sent to your heart to make it work.



When these electrical messages get stopped or interrupted your heart will not work properly and you will feel unwell.



EMERGENCY

AN INJURED HEART



Not all heart problems can be detected. Your heart may continue to work but with difficulty and this may result in a serious heart problem. The doctors call this a sudden cardiac arrest. You may have seen TV shows set in hospitals that have had storylines about this.

Many people die every year from sudden cardiac arrest, but with your help and quick thinking, some of these people could be saved.

Did you know that a person could survive if given treatment within eight minutes of an arrest?

If you are nearby when someone has a sudden cardiac arrest you could help save their life!





When TV becomes real life it can be unexpected and confusing. Knowing what action to take will make all the difference in saving someone's life.

If you notice a person lying on the ground who is not moving. Make sure you are not putting your safety at risk before you approach.

Try talking to the person, can they hear you? Raise your voice and shout to make sure! Shake them gently and pinch their arm. If they do not respond call for help and call 999.

Tip their head back and lift their chin to open their mouth and check if you can see, hear or feel any signs of breathing. If they are not breathing normally, make sure someone has called an ambulance.

Start cardiopulmonary resuscitation

(kar-dee-o-pul-muh-nair-ee rih-suh-sih-tay-shun).

This is when you press on the person's chest. It is called CPR for short and it saves lives.

Use an **automated external defibrillator** (or-tow-may-ted ex-tur-nul dee-fib-ril-ay-tur), to restart their heart. This is called an AED for short.



THE RHYTHM OF LIFE



A heart that stops beating needs help getting started again.

An **AED** is a small portable machine with its own battery that safely delivers an electric shock to make the heart start beating again.

Using an AED together with CPR is the only way to restart the heart's natural rhythm again.

Anyone can use an AED.



Loving Your Heart

Arrhythmia Alliance, is helping to place AEDs in your local community. We want to work with you, your family and classmates to stay healthy, active and feeling great!

Arrhythmia Alliance would like to place an AED at your school or in the town where you live. Does your school have one? If not, where would you place it so everyone could see it?



Speak to your classmates and school teachers. Tell them about your heart and how you want to protect it.



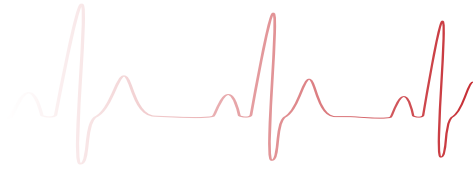
Where do you think they would place an AED?

Arrhythmia Alliance can help you place an AED in your community.



For more information please visit our website:
www.heartrhythmalliance.org
or call **01789 867 501**





Working together to
improve the diagnosis,
treatment and quality
of life for all those
affected by arrhythmias



Arrhythmia Alliance

+44 (0)1789 867 501

✉ info@hearrhythmalliance.org

🌐 www.hearrhythmalliance.org

Registered Charity No. 1107496

©Arrhythmia Alliance

Published April 2010
Reviewed November 2022



Finger on your Pulse: is our new library of educational video resources. Medical Experts share their knowledge and address specific concerns and patients share their experience living with the various conditions and treatments.

🌐 www.fingeronyourpulse.org

Please remember that this publication provides general information. You should always discuss and seek advice from your healthcare professional what is most appropriate for you.

Acknowledgments: Arrhythmia Alliance would like to thank all those who helped in the development and review of this publication. Particular thanks are given to Laura Dunn, Dr Kim Rajappan and Dr Charlotte D'Souza.

Founder and Trustee:
Trudie Lobban MBE, FRCP (Edin)

If you would like further information or would like to provide feedback please contact Arrhythmia Alliance.