

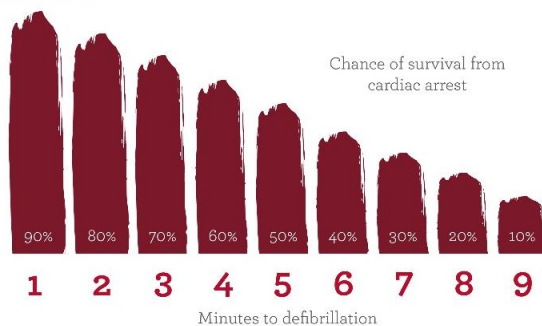
Automated External Defibrillators (AED)

What are they?

An Automated External Defibrillator (AED) is a life-saving device that is used to give a controlled electric shock in some cases of cardiac arrest.

When and how are they used?

In the UK approximately 60,000 people sustain cardiac arrest outside hospital and are treated by emergency medical services (EMS) each year. Defibrillation is well established as the only effective therapy for certain cardiac arrests (approximately 59% - 65% of cases).



Whilst CPR (combined chest compression and rescue breathing or chest compressions alone) will help to maintain a shockable rhythm until a defibrillator arrives but is not a definitive treatment. If defibrillation is delivered promptly, initial survival rates as high as 75% have been reported. The chances of successful defibrillation decline at a rate of about 10-20% with each minute of delay.

Do we need one?

AEDs are of most value when placed in areas where there is a risk of a cardiac arrest incident and where it's difficult for an ambulance to get to quickly e.g. rural areas, communities with poor road networks or traffic congestion, and where large crowds gather.

When considering the purchase of an AED for your club, school or facilities; consideration must be given to the cost for ongoing service and maintenance. The advancement of AEDs over recent years means that they are easily used, however some basic and refresher training is still recommended by bodies such as the Resuscitation Council UK.

Being able to do CPR more than doubles the chance of survival. This can be taught as part of a first aid course and is included in the RFU's Emergency First Aid in Rugby Union course. Information this and other first aid courses is available on the [RugbySafe Courses and Resources page](#).

How do we get an AED?

The RFU have teamed up with the Community Heartbeat Trust (CHT), a leading charity in community public access defibrillator schemes. They are linked with the NHS Ambulance service and can provide support to clubs, schools and colleges/universities with all aspects of procurement, training and maintenance.



For more information please visit the [CHT's Rugby Clubs and Schools](#) page.

April 2019

Teamwork Respect Enjoyment Discipline Sportsmanship