

How to use an AED

St John | Training

Use of an AED during a cardiac arrest can increase the chance of survival by up to 40%.

The use of an Automated External Defibrillator (AED) is an important addition to CPR and evidence shows that using an AED can greatly improve the survival chances of a patient in cardiac arrest.

While having an AED is important, having people trained to use it is equally as important.

This instructional course is designed for any person who has, or may have, access to an AED. This is a hands on course to allow participants to work with an AED and includes the use of an AED in cardiopulmonary resuscitation (CPR) situations. This course does not include assessments or NZQA unit standards.

What you'll gain

On completion you will:

- have the confidence to use defibrillators to save lives
- be able to use an AED as part of the CPR process
- be able to help your workplace meet health and safety requirements.

Course content

You'll see that using an AED is simple, because the machine 'talks' to you and guides you through the things you need to do. You'll have the opportunity to use an AED with a manikin as part of the whole CPR process. The purpose of using an AED is explained, along with the steps of CPR for an adult patient.



Duration | 1½ hours

Current as at 1 March 2022

Keeping you safe from COVID-19

For your health and safety, mask wearing, hand hygiene and social distancing may be required depending on the traffic light levels we are working to at the time of your in-class course.

Choose St John

St John is one of New Zealand's leading providers of first aid courses. Years of experience, a dedicated team of knowledgeable people and proven teaching systems make our courses engaging and highly effective.

As the provider of ambulance services to most New Zealanders, we want you to do the right thing when an emergency happens. Who better to train you in life-saving first aid skills than the people behind New Zealand's largest ambulance service.

And by choosing a St John First Aid Training course you are helping to support essential community services in New Zealand.



Keep up to date with our first aid training newsletter

Join our e-newsletter mailing list and you'll receive an email each quarter with first aid stories and tips, news from St John and a quiz to test your knowledge.

stjohn.org.nz/newsletter



Be prepared

We sell a wide range of first aid essentials – from first aid kits, refill packs and medical supplies to defibrillators. Shop online today to make sure you are prepared for a medical emergency.

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- > Online Mental Health First Aid
- > Online Mental Health First Aid Refresher+
- > Basic Life Support – includes CPR
- > First Aid Level 1
- > First Aid Level 2
- > First Aid Refresher
- > Blended (in class and online) First Aid Level 1 or Level 2. By arrangement
- > St John Online First Aid
- > First Aid Refresher (blended)
- > Pre-Hospital Emergency Care (PHEC)
- > Pre-Hospital Emergency Care (PHEC) Refresher
- > Child First Aid
- > Workshops
- > Resuscitation Level 3
- > Resuscitation Level 4
- > Resuscitation Level 5
- > Resuscitation Level 5 Refresher
- > First Aid Construction Safety Course with Site Safe
- > Emergency Response Awareness

Private courses

Our range of first aid courses and workshops can be tailored to your needs. Courses are regularly held at St John premises throughout New Zealand and are ideal for individuals or small groups. If you have a larger group, we can arrange a course for you at your premises or ours.