

We would like all of you to incorporate illustrating a 'Chest prep kit' into your AED training. This is because most AEDs include these kits and they are necessary for effective use of an AED, for example cutting clothes and removing chest hair. Hopefully, many of you have seen us train using one, but we've added some instructions below to support you.

In a video on our website, we discuss and demonstrate using chest prep items – [see here](#)

All of the iPad AEDs should come with a 'homemade' chest prep kit in the front pocket where you find the remote control. If you only have Cardiac Science defibs, your chest prep kit should be in one of the manikin bags.

This will be a plastic bag containing some 'tuff cut' scissors or similar, some paper towels and a razor. Real kits contain other items, including gloves and a face shield, as you can see below. If your kit has not come to you with this bag, please let us know.

It is useful to mimic cutting off the clothes on the left-hand side of the manikin, where the lower pad goes, so place the doll with its head at your left hand to allow this movement to be seen by delegates. Make sure to say that the bra will need to be moved, or cut and moved, out of the way, so the pad is attached to bare skin, but that the patient can be covered up after the pads have been put in place to maintain dignity.

The paper towel is to illustrate drying the skin where the pads go, if the patient has been sweating due to heart attack prior to cardiac arrest, for example. When doing this you can quietly point out to the delegate who has volunteered to use the AED in front of the others, that you are specifically drying where the pads are to be placed. This will give them another helpful hint so that they get the pad placement correct.

The razor is only really used if the person is very hairy and that combined with the sweat would make it difficult to get the pads to stick well. They do not need to be 'tidied up' for hospital!

Most chest prep kits will contain:

Nitrile Gloves



Alcohol Prep Pad



Tuff Cut Scissors



Prep Razor



Sterile Gauze Pad



CPR Face Mask

