How To Use An AED

An Automated External Defibrillator (AED) treats sudden cardiac arrest by delivering a shock to restore normal heart rhythm. It is easy to use, even for those without medical training.

1. Turn on AED immediately.

2. Apply pads to bare chest.

3. Plug in pad connector.

4. Listen closely to follow the directions from the AED.



Pride Protecting People

Contact Us

To request Baltimore City Fire Department's Community Emergency Assistance Skills Training at your event, school or place of business, visit our website

https://fire.baltimorecity.gov/event-request-form

You can also email us at

BCFD.cspevents@baltimorecity.gov



Baltimore City Fire Department

Community Emergency Assistance Skills



Stroke - Act F.A.S.T.

A stroke happens when the brain’s blood supply is cut off, causing brain cells to die within minutes. Prompt treatment is crucial. Remember FAST to recognize stroke signs:

Face drooping

Arm weakness

Speech difficulty

Time to call 9-1-1

Opioid Overdose Awareness & Narcan



1. Check for signs of opioid overdose

Does not wake up or respond to your voice.

Breathing is very slow or has stopped.

2. Give NARCAN nasal spray

Gently insert the tip of the nozzle into either nostril.

Press the plunger firmly.

3. Call 911

Hands Only CPR

Hands-only CPR can double or triple a person’s chance of survival by keeping blood flowing to vital organs until professional help arrives.

1. Check for responsiveness.

2. Call 9-1-1 or tell someone else to call.

3. Push hard and fast in the center of the chest.

4. Continue CPR until the Fire Department arrives and takes over compressions.

