



We would recommend that all our customers who are considering purchasing an AED take the time to consider and review the Australian and New Zealand Committee on Resuscitation Guidelines. Organisations who are purchasing defibrillators and or first aid training should ensure that it conforms to the guidelines and recommendations. A copy of the guidelines and other information can be found at <https://resus.org.au/guidelines/anzcor-guidelines/>

## Who is the Australian Resuscitation Council?

The Australian Resuscitation Council is a voluntary co-ordinating body which represents all major groups involved in the teaching and practice of resuscitation. The ARC is sponsored by the Royal Australasian College of Surgeons and the Australian and New Zealand College of Anaesthetists.

## What does the Australian Resuscitation council do?

The Australian Resuscitation Council produces Guidelines to meet its objectives in fostering uniformity and simplicity in resuscitation techniques and terminology. Guidelines are produced after consideration of all available scientific and published material and are only issued after acceptance by all member organisations. This does not imply, however, that methods other than those recommended are ineffective. It is the policy of the Australian Resuscitation Council to respect the autonomy of member organisations

## Some key recommendations in the January guidelines are as follows ;

- A defibrillation shock is delivered as soon as a defibrillator is available. \*
- For Biphasic waveforms: the default energy level for adults is set at 200J for all shocks. Other energy levels may be used providing there is relevant clinical data for a specific defibrillator that suggests that an alternative energy level provides adequate shock success \*\*
- If the first shock is not successful and the defibrillator is capable of delivering shocks of higher energy, it is reasonable to increase the energy to the maximum available for subsequent shocks. \*\*\*

\* ANZCOR Guideline 11.4 Electrical Therapy for Adult Advanced Life Support Recommendation 1.

\*\* ANZCOR Guideline 11.4 Electrical Therapy for Adult Advanced Life Support Recommendation 7.

\*\*\* ANZCOR Guideline 11.4 Electrical Therapy for Adult Advanced Life Support Recommendation 8