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Jolt A Victim To Life

Have you had a chance to take training in how to use an automated external defibrillator (AED)? If so, great. You know how easily one of these electronic devices can assist a victim of sudden cardiac arrest.

If you have not yet had an opportunity for training, don't be intimidated by the prospect of handling an AED in an emergency. These units are designed so anyone can use them. Even in the hands of untrained bystanders, AEDs have saved lives.

An automated external defibrillator uses a jolt of electricity to restart a heart that has stopped beating.

It is used when someone has suffered sudden cardiac arrest (SCA). This occurs when the heart stops because electrical impulses

in the heart are disrupted. Heart attack, congestive heart failure and an injury such as electrocution can cause the condition. The abnormal electrical activity puts the heart into a spasm known as fibrillation. In this state it cannot pump blood to the brain and other vital organs.

Electrocution death occurs most commonly in such industries as construction, transportation, communications, manufacturing and public utilities.

AED training is being received by workers in many occupations, including security staff, law enforcement and emergency personnel, attendants on planes and ships, first aid and safety officers.

Increasing numbers of AED units are being installed in public places such as

shopping malls, airports, planes, stadiums, concert halls, golf courses, ski hills, schools and casinos. They also are being put into workplaces and now are available for private homes.

Persons trained in use of AEDs learn that if someone collapses with apparent cardiac arrests, they should look and listen for signs of circulation and breathing. They should call for medical help right away and start CPR promptly. They should also defibrillate – if necessary – within a few minutes.

When the ambulance arrives, advanced cardiac life support in the way of oxygen and drug therapy further increases the chances of survival.

The AED analyses the cardiac rhythm and tells the user to deliver a shock when it is necessary. The lightweight, portable unit is

typically found mounted on a wall. It is designed to work automatically when the user follows simple instructions delivered by text, pictures and voice. The first instruction is to call for medical help right away. The user is instructed to place the pads on the patient's bare chest. The AED then analyses the heart rhythm to determine whether defibrillation is needed, and instructs the user how to administer it. The AED won't let the user do it wrong.

Use of an AED is being taught in conjunction with CPR (cardiopulmonary resuscitation). Administering CPR pushes oxygenated blood through the body and delays brain damage for a short time. CPR does not reverse cardiac arrest.

Keep up your training in first aid,

CPR and in the use
of an AED.

Safety Tip:

Become an AED

Lay Responder.

**Contact your
safety officer and
learn the details.**

**Your actions could
save a life.**

