

AED'S Save Lives

Teays Valley School District has put into place a *Heart Safe Workplace program*. Each school in the district is now equipped with an AED (Automated External Defibrillator).

An AED is a machine with a computer inside that can recognize cardiac arrest that requires shock and tell the rescuer when a shock is needed.

This defibrillator will provide an electric shock to the heart and can stop the abnormal heart rhythm and allow a normal heart rhythm to return. The aim of this program is to make early defibrillation immediately available in cardiac emergencies.

Sudden cardiac arrest can happen anywhere, anytime. It is usually caused by an electrical malfunction that makes the heart quiver ineffectively in an abnormal rhythm called ventricular fibrillation. CPR may not be enough, it is a temporary measure that helps maintain blood flow to the brain. A lifesaving pulse of electricity - defibrillation - is the only treatment and must be delivered quickly to restore the heart's normal rhythm.

- Over 250,000 people die each year from sudden cardiac arrest
- Only 3 - 5 % of cardiac arrest victims survive
- For every minute that passes survival decreases by 10%
- Cardiac arrest survival can improve dramatically if an AED device is used by a trained person within 5 minutes.

Teays Valley S.D. has the LIFEPAK CR Plus and the Cardiac Science Power Heart AED available in all the schools.

AEDs are accurate and easy to use. After very little training, most people can operate an AED. Giving CPR right away and using an AED within a few minutes will increase the chances of saving the life of someone with sudden cardiac arrest.

For information about CPR training – contact Berger Health System CPR Hotline at 740-420-8364. At Teays Valley, contact the Nursing Team members who are American Heart Instructors.