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| Dear Plaza Homeowner,  According to the American Heart Association early defibrillation within the first 3-5 minutes after a victim collapse can result in a survival rate as high as 49-75%.  The Plaza board has taken an excellent step towards community safety by implementing and AED program. An AED is an **A**utomated **E**xternal **D**efibrillator a computerized medical device that analyzes a person’s heart rhythm to determine if it is abnormal, life-threatening, and requires an electric shock. Through voice prompts, lights, and text messages, the AED can advise a rescuer when a shock is needed and what steps to take.  The Plaza’s AED is fully automatic, which means it will determine if a shock is needed and send a shock without having to press a button. It will guide you every step of the way, and walk you through CPR.  Our AED also has universal size pads. They will accommodate infant – adult, there is a button on the AED to press if the child is under 8 years or weights less than 55lbs.  The Plaza AED is located right inside the clubhouse, looking immediately to your left as you walk-in. There is also a sign outside the clubhouse doors indicating there is an AED inside.  Brian Cater our maintenance supervisor and myself have just completed CPR/AED training. If you are interested in taking a class yourself, please visit <https://www.redcross.org/take-a-class>. If you have any questions about using the AED, feel free to ask Brian or myself.  We want the community to feel comfortable using the device.  **Here are a few steps to take in an emergency:**   1. 1.        Confirm the victim is unresponsive, not breathing normally, and is pulseless. 2. 2.       If you are alone, call 911 and retrieve the AED. If you have others around, direct someone to call 911 and retrieve the AED. Continue to preform CPR until the AED arrives. 3. 3.       Once you have the AED, turn it on, it will then begin to guide you. 4. 4.       Expose the chest with the scissors supplied in the kit. Place pads on chest as shown on the AED screen (shaving the chest is not necessary, just make sure to press the pads on firmly). 5. 5.       The AED will then begin to analysis the victim. If a shock is required, the unit will advise everyone clear their hands from the victim. The unit will shock on its own (If a shock is **not** needed, it will advise you of next steps). 6. 6.       After the shock is given, the AED will guide you through CPR for two minutes. If you have someone with you, take turns giving CPR. 7. 7.       After two minutes the AED will analysis the victim, again. If a shock is to be given the AED will advise, after the shock you will go back to CPR. 8. 8.       You will continue this cycle unit help arrives.   **Note:** If the victim begins to start breathing, you will need to place them in a recovery position. Gently roll the victim onto their left side, left arm is extended above the head and their left leg bent at a right angle. If it is not possible to roll them onto their left side, the right side will work.  If the victim is in water, pull them at least 5 feet away from the water. Wipe down the chest as much as possible before placing the pads.  **CPR Basic information:**   1. 1.       On breast the plate, interlock fingers & lock elbows, push firmly at least 2 inches deep. 2. 2.       Preform 30 compressions at the rate of 3 compressions every 2 seconds. 3. 3.       Next, tilt head back, pinch nose, and give two rescue breaths. You just want to see the chest rise. 4. 4.       Repeat. 5. 5.       If you should become exhausted giving CPR, and no one is around to assist, it is okay to take a small break or stop. Do not leave the victim unattended. Stay near and inform emergency crews what you have done, and for how long.   **Below is a link to a 3-minute video on the use of our exact model of AED. If you would take some time to watch, it will help you to feel more comfortable with using the devise.**  [ZOLL AED 3 AUTOMATIC | CPR/AED Training (youtube.com)](https://www.youtube.com/watch?v=xm7f3xEdaE4)   I know this is a lot of information, please reach out with any questions you may have.   A Special Thank you to Susan Sourisseau for recommending the implementation of the AED program.   Sincerely,  Amy Fanter Community Association Manager afanter@azcms.com 480-659-2424 |