

Annual Notice of Automated External Defibrillation Program

Nevada Joint Union High School District

- Sudden Cardiac Arrest is the nation's leading cause of death. 350,000 relatives, co-workers, and neighbors will suffer a Sudden Cardiac Arrest this year. Despite immediate CPR efforts and a rapid 911 response, tragically less than 5% will survive. In response to these chilling statistics the Food and Drug Administration, Federal and State Legislatures, as well as OSHA, have approved Automatic External Defibrillators (AEDs) and recommend their implementation in the public.
- AEDs are devices designed to administer an electric shock to the heart of a Sudden Cardiac Arrest victim. This "electric medicine" stops a fatal rhythm called Ventricular Fibrillation and allows the victim's heart to begin beating on its own. The shock can only be delivered after the device has verified the patient is in Cardiac Arrest, and **delivery of an inappropriate shock is not possible.**
- The American Heart Association as well as Federal guidelines recommend that AED treatment be given within the first 3-5 minutes of a Sudden Cardiac Arrest. To achieve this recommendation AEDs must be strategically placed and appropriate numbers of employees trained to use them. By doing so we may improve survivability of Cardiac Arrest by as much as 65%. Every minute that defibrillation is delayed; 7-10% of survivability is lost. After 10 minutes without defibrillation the patient's chances of survival drop to less than 5%. **To effectively treat Sudden Cardiac Arrest, AEDs must be immediately available and deployed.** Once the AED is deployed and applied to the unconscious victim, the AED will provide verbal, written, and visual directions for resuscitation.



Using the AED

If you encounter a person who is unconscious and unresponsive, with no obvious signs of life, tell someone to call 911 and someone else to get the AED. Start CPR immediately and continue doing so until the AED or EMS arrives.

Once the AED arrives

- 1** Turn on the AED and follow the visual and/or audio prompts.
- 2** Open the person's shirt and wipe his or her bare chest dry. If the person is wearing any medication patches, you should use a gloved (if possible) hand to remove the patches before wiping the person's chest.
- 3** Attach the AED pads, and plug in the connector (if necessary).
- 4** Make sure no one is, including you, is touching the person. Tell everyone to "stand clear." While the AED analyzes the patient's heart rhythm.
- 5** If the AED recommends that you deliver a shock to the person, make sure that no one, including you, is touching the person – and tell everyone to "stand clear." Once clear, press the "shock" button.
- 6** Begin CPR after delivering the shock. Or, if no shock is advised, begin CPR. Perform 2 minutes (about 5 cycles) of CPR and continue to follow the AED's prompts. If you notice obvious signs of life, discontinue CPR and monitor breathing for any changes in condition.

Designated staff for school sponsored events that take place on campus outside of normal school operating hours (i.e. athletics, choir, drama, dance) must insure that they have access to one of the campus AED's and that they are currently certified in CPR/First Aid/AED. Please check with your sites' Health Office for dates of CPR/First Aid/AED classes. If you are AED certified but would like further practice using the AED, then contact your site school nurse.

NJUHSD AED Locations

Nevada Union High School/NPA:

- Main Administration Building Lobby (On wall to the right side as you enter the building)
- Ali Gym Lobby (To the left side as you enter the building next to the Men's Restroom)
- Pool Office (on wall to the left of the door to parking lot)
- Don Baggett Theatre Lobby
- Library Lobby (next to elevator)
- Health Office

Bear River High School:

- Foyer of McCrory Gym
- Pool Area (by bathrooms)
- Library: Right side of library desk on wall
- Health Office

Park Avenue Site:

- Main Hallway outside Administration Office Door

Ghidotti:

- In Ghidotti administration office on Sierra College Campus