

TOOL BOX TALKS

Automated External Defibrillators

Automated External Defibrillators are known as AEDs. An AED is a vital tool used on persons suffering from sudden cardiac arrest, also known as SCA. When SCA occurs, electrical impulses that power the heart become unorganized. This phenomenon is called fibrillation. Fibrillation is countered and heartbeat is restored through the immediate use of an AED. AED units are proven technology, durable, have a long shelf life and are now affordable.

WORKSAFE TIPS

AED TRAINING REQUIRED

- Although the AED can be used by the layperson, training is required for effective deployment.
- Training can be obtained through the following agencies:
 - American Red Cross
 - National Safety Council
 - American Heart Association

TRAINING FOR NON-FIRST AID PROVIDERS

- Employees that don't have AED training can still help out during an emergency.
- Training for these employees can include:
 - Dialing 911
 - Providing specific jobsite information for responders
 - Location
 - Best Access
 - Address
 - Where the first aid kit and AED are located
 - Summoning / obtaining the AED
 - First Aid Responder list
 - Assisting Emergency Responders

TIME IS OF THE ESSENCE

- CPR alone is only 3% effective.
- A patient suffering SCA needs a lifesaving shock immediately.
- Studies show that victims of SCA have a greater chance of survival when the AED is used within 6 minutes of SCA onset.
- Chances for survival go up for every second saved with rapid deployment!!!

DEPLOY AN AED WHEN:

- Employee is unresponsive.
- Employee is not breathing.
- Employee is found with no pulse

AED UNITS IN CONSTRUCTION

- Deploy AED units in the following construction areas:
 - Jobsite Office Trailer
 - Supervisor Vehicle
 - Owner's Vehicle
 - Commonly used break or lunch area
 - First Aid Station
- Provide a durable case to protect the machine from dust and water.
- Don't expose AED to very cold weather.
- Routinely inspect the AED weekly.
- When an AED is removed for maintenance or repair, replace it with a loaner or backup unit.
- Train all jobsite workers in the location and summoning of the AED.
- Mount the AED like a fire extinguisher: Prevent blocks, and do not keep the AED under lock and key.

MAKE TRAINING REAL

- CPR requires intense physical demand.
- When training others in CPR and AED use, remember to give quality training.
- Train others to save a life!
- Make scenarios real by inviting a local paramedic or EMT to the jobsite to discuss effective CPR and AED use.
- Perform training often with real scenarios .
- First aid responders should attend monthly training events at a minimum.



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