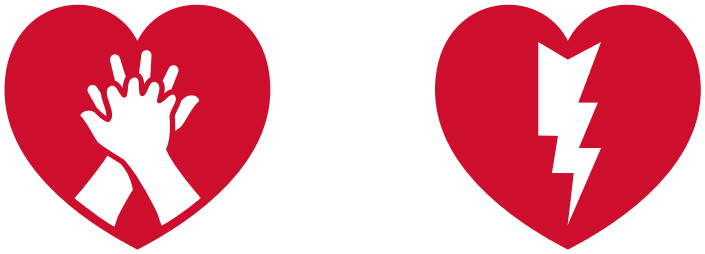
AEDSuperstore®

World's Largest Automated External Defibrillator Source



AED Overview Guide

A comprehensive guide to complete implementation of your AED program

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Philips HeartStart OnSite

AED Setup

1. Remove the OnSite from its packaging.
2. Put the AED into service
    a. Confirm that the battery and electrode pads cartridge are installed.
    b. Pull out and discard the green Setup tab.
    c. The OnSite will automatically run a self-test. Make sure to follow directions so that the self-test runs all the way through.
    d. After the self-test is complete and results are reported the machine will go to standby mode.
    e. The status indicator should be blinking green indicating that the OnSite is ready for use.
3. Place the AED in its case.
4. Choose a location for your device.
    a. If you are not sure where to place the AED, our AED Placement Guidelines can be found on the next page.
    b. If you are storing your AED in a cabinet, make sure you read and follow the instructions in the Cabinet Guidelines sheet included with your cabinet.
5. If you purchased Arch AED Medical Direction and Program Management™, you should have already received an email prompting you to create an account and get your AED set up in the system. If you have not received an email, please contact customer support at 800.544.0048.

Arch AED Medical Direction and Program Management™

AED Placement

Choose a location that is visible and easily accessible

The placement of your AED is an extremely important consideration. Please follow these guidelines to ensure your AED is in an ideal location.

- Choose a location that is visible and accessible so it is easily found during a cardiac emergency. AEDs should not be kept in drawers or behind locked doors, offices, or cabinets.
- AEDs should be placed in a location where there is a “drop-to-shock” time of 3-4 minutes from collapse. “Drop-to-shock” refers to the amount of time it takes for a responder to get from the victim to the AED and back walking at a quick pace. AEDs placed in remote locations or behind locks will dramatically impact the drop-to-shock time and lower the victim’s chance of survival.
- To increase the visibility of your AED, place the AED in a wall-mounted non-locking cabinet with sign hung above. This helps raise awareness of the AED’s location to everyone who enters your facility.
- Be sure to follow ADA guidelines when installing the cabinet. You can find more information about ADA guidelines here.

CPR and AED Use

The use of an AED in conjunction with quality CPR is the only treatment for sudden cardiac arrest. This guide should be read ahead of any incident to prepare a potential user for what to expect during a rescue scenario. In the event of an actual sudden cardiac event, call 911 immediately.

The AED will prompt some of the steps below (in quotations), and if one is handy it should be turned on immediately so the proper sequence of steps can be followed.

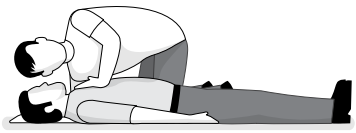
Call for help

Call for Help

- If there are other people around, tell one person to call 911 and grab the AED.
- If you are alone and have a mobile phone, call 911 while retrieving the AED, put them on speakerphone, and put the phone by the patient once you return.

Assess the Patient

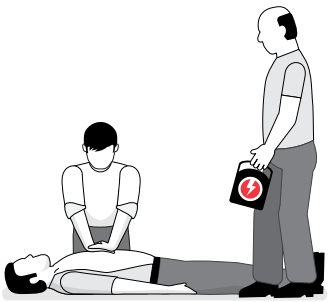
- If there are no signs of external trauma, shake the patient gently and shout to ask if they are ok.
- Check for signs of breathing. It is important not to mistake "agonal breathing" for productive breathing. Someone experiencing agonal breathing may appear to be gasping for air. No oxygen is filling the lungs during agonal breathing and the patient should be considered not breathing.
- If there are no signs of breathing and the patient is non-responsive, they are in sudden cardiac arrest and need immediate CPR.
- If you already have an AED, turn it on by either lifting the lid, pressing the power button, or opening the electrode pad cartridge. The AED will walk you through the next sequence of events.
- If you are waiting for someone else to return with the AED, remove all clothing from the patient's chest and begin CPR compressions (see page 8).



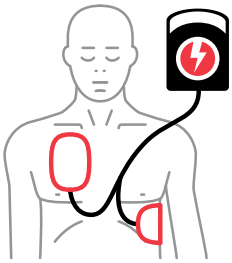
Check for breathing

Standard AED Prompts - these may vary slightly based on the make and model of AED in use.

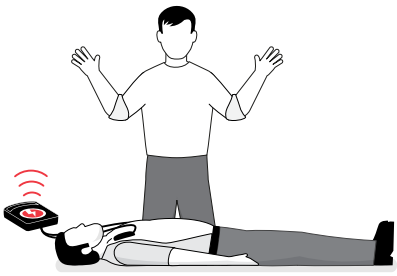
- "Call for help" or "Dial 911"
  - This step should have already been completed as above.
  - If not, do so now.



Remove clothing from chest

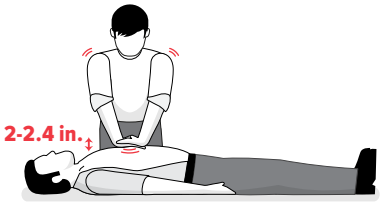


Place electrode pads on patient's bare chest



Sit back from the patient and make sure you are not touching the patient and instruct others in the area to also stand back.

- "Remove clothing from patient's chest"
  - Remove or cut clothing from the patient's chest if you haven't already done so.
  - Do not be afraid to cut or tear clothing if necessary. Rescue kits included with AEDs should include a pair of scissors.
  - Bras may be cut or lifted over the patient's breasts. This allows for the best access to the sternum for compression quality.
- "Place electrode pads on patient's bare chest"
  - Visual guides on the electrode pads or electrode pad packaging will show placement.
  - Make sure skin is clean and dry of water or sweat.
    - A rescue kit usually includes a towel.
    - If no towel is available, use your own clothing or patient's clothing as long as the cloth is dry and clean.
  - Make sure skin is free of excessive hair, if possible.
    - Rescue kits usually include a disposable razor.
    - If a razor is unavailable, you have a SPARE set of electrode pads, and you are certain the pads will not adhere due to hair, you can use the SPARE pads to remove hair by applying the pads and quickly removing them. (If you only have one set of pads, do not use this technique.)
  - Press the electrode pads firmly to clean, bare, dry skin.
- "Do not touch the patient"
  - Sit back from the patient and make sure no part of your body is touching the patient.
  - Instruct others in the area to also stand back.
  - Why this is important:
    - The AED is checking the heart rhythm to determine if it is "shockable".
    - Jostling or touching the patient interferes with the AED's analysis.
- "Shock Advised"
  - The AED has analyzed the heart's rhythm and determined it should respond to a shock.
  - The AED is charging in preparation to deliver the shock to the electrode pads.
  - "Do not touch the patient" - stand back from the patient and advise others around you to also stand back.
  - If the AED is a semi-automatic model, it will advise the rescuer to "Press the flashing shock button."
    - A button on the AED will flash red or orange.
    - Press the button to deliver the shock.



Begin CPR

- If the AED is a fully-automatic model, it will advise the rescuer that a “Shock will be delivered in 3, 2, 1,...”
  - The AED does not have a physical shock button.
  - The AED will deliver the shock at the end of the countdown.
- “Shock delivered” - the AED has successfully administered a shock to the patient.
- “It is now safe to touch the patient”.

- “Shock not advised”
  - The AEDs analysis has determined the heart is not in a rhythm considered to be “shockable”.
  - The patient may be in asystole (also known as “flatlining) where there is no discernable activity within the heart at all.
  - The patient may also have a normal heart rhythm and a shock would be inadvisable.
- “Begin CPR”
  - If the patient is still not breathing and is unresponsive, begin administering CPR.
  - Most AEDs come with some form of CPR prompting or assistance. These may include one or more of the following:
    - A metronome to keep you on track with regard to the rate of compressions.
    - A time countdown that periodically alerts the rescuer how much time remains in the recommended compression interval.
    - CPR feedback that provides real-time guidance on the quality of the rescuer’s CPR. This feedback may include:
      - Rate of compressions. The AED may prompt the user to “push faster”, “push slower”, or tell the rescuer “good speed”.
      - Depth of compressions. The AED may prompt the user to “press deeper”, “press harder”, “press softer”, or tell the rescuer “good compressions.”
      - Recoil. The AED may prompt the user to “press harder, fully release”.
    - Some AEDs provide guidance to give rescue breaths between CPR compression cycles.
      - If you are uncomfortable with giving breaths, continue compressions and give “hands-only” CPR.
      - If you are comfortable with giving breaths and have been trained in administering them, or if you have a second rescuer at the scene who can effectively administer the breaths, use the rescue breath prompt time to do so.

How To Perform Adult CPR*

(If you may need to perform pediatric CPR, please take a class to learn proper technique specific to helping infants and children)

- Make sure the patient is on a hard, flat, dry surface (you may need to move them if they are on a soft surface).
- Place the heel of one hand in the middle of the patient's bare chest, between the nipples, on the lower half of the sternum (breast bone).
- Place your other hand on top of the lower hand and pull the fingers of the lower hand upward.
- Square your shoulders directly over your hands, lock your elbows and press straight down hard and fast.
- Press at least 2-2.4 inches deep.
- Press at a rate of between 100 and 120 beats per minute.
- You may hear ribs crack - this is normal! Keep going!
- Allow the chest to rise fully in between each compression (this is called recoil).
- The AED will inform you when it is time to stop CPR and stop touching the patient so it can analyze the heart's rhythm again.
- Continue follow the AED's directions until professional medical help arrives

* AED Superstore recommends certificate completion in CPR and AED use for individuals who may ever find themselves in a rescue scenario. (This could be anyone.)

CPR Training

An AED is most effective when used in conjunction with quality CPR. CPR keeps any oxygenated blood left in the patient's body circulating to vital organs and the brain. This is important because brain death begins to occur within 4 - 6 minutes after the heart stops beating. Studies have shown that early CPR and AED use increase survival by 30%.

If you or your organization are interested in learning CPR or other life-saving skills, AED Superstore offers five classes approved by federal, state, municipal, as well as private and non-profit organizations. All classes are fully compliant with Good Samaritan requirements.

AED Superstore offers in-person training by certified instructors at any agreed-upon location, as well as online training, and blended learning. AHA compliant courses receive a 2-year certificate once completed. Classes include Student Certification, Scheduling Support, and eLearning.

American Heart Association Course Offerings:

AHA Heartsaver CPR/AED Training

Teaches adult and child/infant CPR and AED use, as well as how to relieve choking.

AHA Heartsaver First Aid Training

First Aid training courses prepare your staff to quickly and confidently react to your most common workplace mishaps.

AHA Heartsaver Bloodborne Pathogens

Students will learn how to protect themselves from exposure to bloodborne pathogens, clean themselves and the contaminated area, and the proper procedure to report exposure to bloodborne pathogens in the workplace.

Basic Life Support (BLS) for Healthcare providers

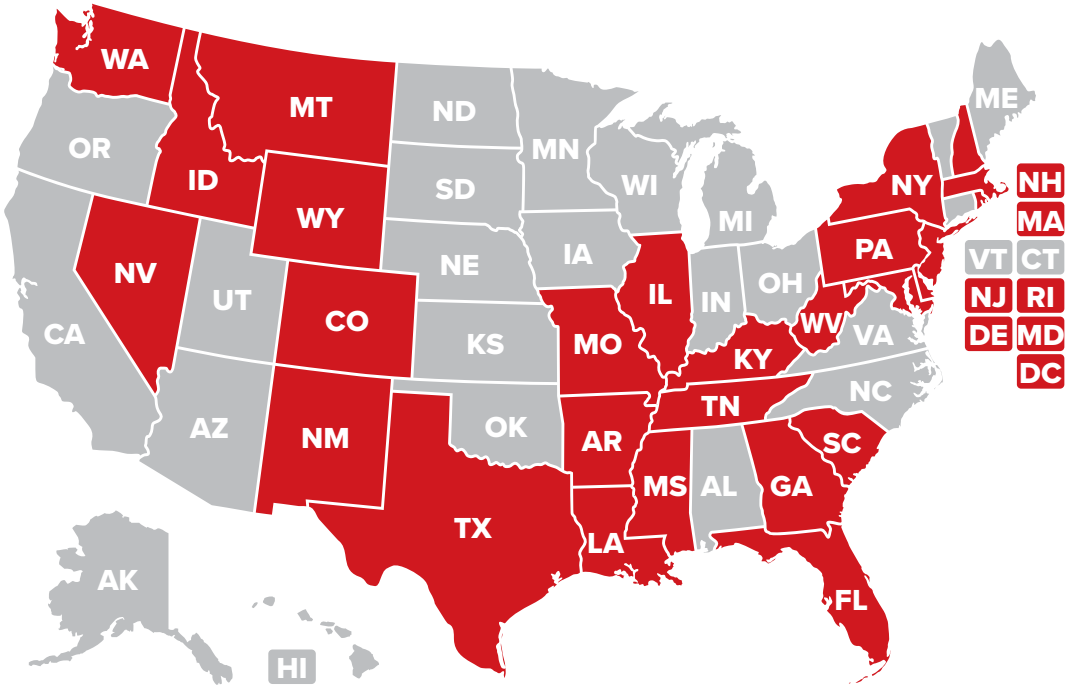
This course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on High-Quality CPR and team dynamics.

Online/Classroom Blended Courses

Participant completes the video instruction portion online and then attends a short course for hands-on experience and a skills check for certification. The online portion can be completed over the course of a year and does not have to be continuous.

Call 800.544.0048 to schedule training.
Learn more about our training programs here.

Good Samaritan Laws



States Requiring CPR Training for State Good Samaritan Laws

All 50 states and D.C. include using an AED and CPR in their Good Samaritan laws. Good Samaritan coverage varies by state, but the common principles are the same nationwide. If you assist someone with good intent, do not accept money or other payment for helping, keep their information private and treat them with no intention of harm, you will be protected by Good Samaritan laws. For more information, read your state's specific Good Samaritan law.

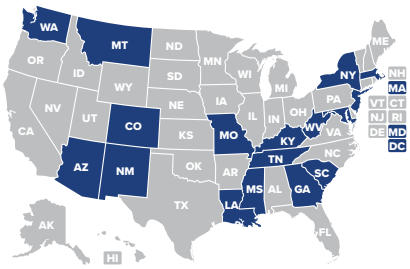
Requirements

Protection under Good Samaritan Laws usually require*:

- Following the manufacturer's guidelines for maintaining the AEDs in addition to any requirements the state has outlined
- No compensation for giving assistance
- Act Voluntarily
- Provide care with no intention of harm and in good faith

* Check your state's current requirements if you have concerns or questions.

Arch Medical Direction and Program Management™



States Requiring Medical Direction

Owning an AED is only the first step to establishing an AED program. There are many considerations to keep in mind such as monthly device checks, staying compliant with state and local AED-related laws and regulations, and what to do after a sudden cardiac arrest has happened and the AED has been used.

Arch Medical Direction and Program Management™ helps you do all of these things and more. Arch is a web-based tool to help you manage your AED(s), track training, and stay compliant with all requirements before and after a rescue event.

Features and Benefits:

- Full support after an event (see page 12 for details)
- Monthly AED check reminders with late alerts to ensure your AED is ready to rescue
- Email reminders of upcoming expiration dates for AED batteries and electrode pads
- Automatic registration with your local 911 call center for added confidence in case of an event
- Automatic AED registration with your local Emergency Medical Services for "Good Samaritan Law" compliance (when required)
- Online tracking of CPR expiration dates and certification status of your trained responders
- Online access to your Policy and Procedures Manual

Some states require Medical Direction in conjunction with AED programs to be considered covered under Good Samaritan requirements. Medical Direction is currently required in the following states: AZ, CO, DC, GA, KY, LA, MD, MA, MS, MO, MT, NJ, NM, NY, SC, TN, WA and WV.

Medical direction is defined as having a licensed physician responsible for overseeing your AED program. Depending upon the state, the physician may be responsible for reviewing a written AED policies and procedures plan and reviewing any AED events that occur.

Failure to manage your device properly could lead to violations of local Good Samaritan laws meant to protect you, exposing you to liability in the event your device does not function when used.

Post-Event Support

Arch Medical Direction and Program Management™ will assist you with any post-event requirements. Often this is done by your local EMS agency when the paramedics take over care. Other times it is necessary for you to contact the EMS authority in your county to report the AED usage. If your county has any further reporting requirements they will advise you once you notify them.

In the event of an AED usage, Arch also includes:

- A free loaner AED while the data on your AED is being downloaded and interpreted
- A set of electrode pads to replace the ones that were used*
- Submission of data reports to required agencies on your behalf
- A copy of the data for your records
- Free shipping of your AED and loaner AED

AED Superstore Support of Arch

AED Superstore's Arch specialists are experts at helping you get your AED back in service as quickly and efficiently as possible. When your AED reaches our facility after an event, it undergoes maintenance which may include downloading and/or clearing data from the event off your AED, replacing the electrode pads, and potentially replacing the battery if it is depleted*.

* Getting your AED back in service is our top priority. Free replacement supplies are not available for police, fire, or EMS agencies and are limited to one event per AED per year.

AEDSuperstore®

Hours of Operation:

Monday-Friday 7 a.m. - 7 p.m. central
www.AEDSuperstore.com is also available for online ordering:
24 hours a day, 7 days a week, 365 days a year

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