



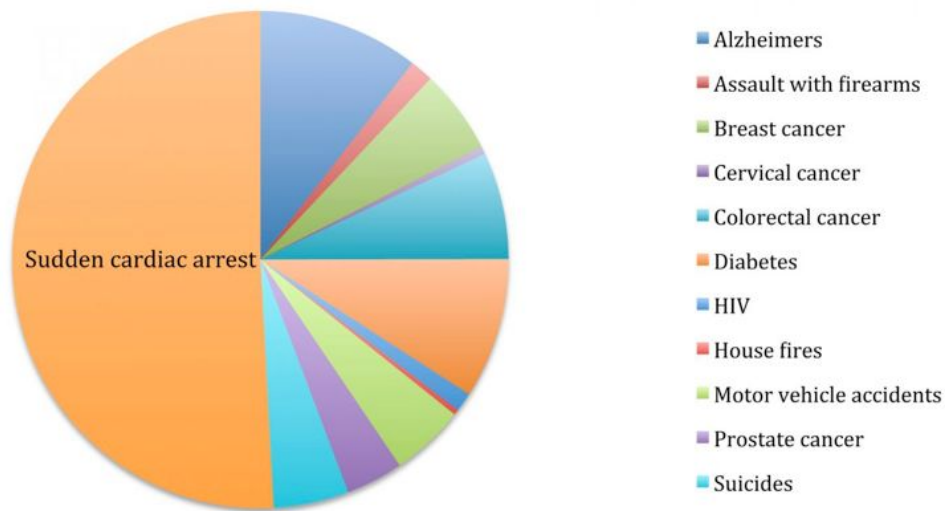
# AED Orientation

## Racing Hearts:

The mission of Racing Hearts is to increase awareness of and improve access to automated external defibrillators (AEDs). Racing Hearts empowers people to use AEDs to save lives during a sudden cardiac arrest. Racing Hearts is a 501(c) 3 100% volunteer nonprofit.

## Why Racing Hearts Mission Matters:

SCA can strike anyone at anytime. According to the American Red Cross, about **350,000** Americans die of SCA each year, that's almost 800 American's per day - one death nearly **every two minutes**. And every 3 days, a young athlete suffers a SCA.



Data from: [http://www.sca-aware.org/about-sca#\\_edn2](http://www.sca-aware.org/about-sca#_edn2)

## What is a Sudden Cardiac Arrest (SCA):

- Sudden abnormal heart rhythm (No Pulse)
- Individual collapses and is unresponsive
- Abnormal breathing or gasping for air
- Seizure-like activity
- 30% of Heart Attacks turn into Sudden Cardiac Arrest

## What is an AED (aka Automated External Defibrillators):

- AEDs are portable, lightweight devices that check the heart's rhythm
- AEDs are applied to the skin only
- No human decision-making needed (AED machine determines if shock is needed)
- AEDs have a recorded audio that instructs rescuers on how to perform CPR



### **How to use an AED:**

- Turn on AED
- Apply pads (visual cues and pictures are provided)
- Follow visual and auditory cues from AED
- When in doubt about a pulse, attach the AED to a patient

### **Hands Only CPR: Increases the prognosis when used with AEDs:**

- Chest Compressions Only
- Hard and Fast – average adult
- Hard - Pressing 2” deep
- Fast - at least 100 compressions per minute

### **What about Liability or immunity:**

Civil Code 1714.21 (d) (1) and subdivision (b) of Section 1797.196 of the Health and Safety Code (aka Title 22) states that a person is not liable for any civil damages if they make best efforts to assist someone in need by using an AED in an emergency situation. There are still requirements that must be met and they are listed below (SB658).

### **CA State SB-658 updating Title 22 AED law. (effective Jan 1, 2016)**

### **Pioneered by Racing Hearts:**

- No CPR/AED certification needed
- AEDs to be inspected quarterly (4x year)
- Display 'how to use an AED' sign next to your device (shown in this packet)
- Provide yearly CPR/AED orientation (include information describing Sudden Cardiac Arrest), identify locations(s) of all AEDs on site, and the proper use of an AED  
Emergency Response Plan: Review yearly with your staff.

### **Know where your nearest AED is:**

- AEDSpotter App - <http://www.racinghearts.org/aedspotter-app>
- Android & iPhone app available



**Emergency Plan: Dial 911:** When using a cell phone, if you are able, dial the 10-digit number (listed below) to be connected to your local 9-1-1 Center within Santa Clara County.

Campbell.....408-378-8161	Mountain View..... 650-968-4411
Cupertino.....408-299-3233	Palo Alto Police..... 650-321-4433 Fire..... 650-321-2231
Gilroy.....408-842-0191	San Jose .....408-277-8911
Los Altos.....650-947-2779	San Martin.....408-299-3233
Los Altos Hills.....408-299-3233	Santa Clara Police.....408-296-2236 Fire .....408-296-1515
Los Gatos.....408-354-8600	Saratoga .....408-299-3233
Milpitas Police.....408-263-1212 Fire .....408-998-7212	Sunnyvale.....408-736-6244
Monte Sereno.....408-354-8600	Unincorporated .....408-299-3233
Morgan Hill.....408-779-2101	

**What Our Supporters Are Saying:**

*"We need to see many more AEDs available, especially in our schools, recreational facilities, and at athletic events. This will lead to a cultural change in our society, emphasizing the need for ALL of us to be prepared to recognize and respond to a Sudden Cardiac Arrest (SCA) through CPR and the use of an AEDs. I wholeHEARTedly support Racing Hearts mission, and encourage everyone who cares about saving lives-especially all athletes and their families-to be a part of Racing Hearts." - Cindy J. Chang, M.D (Chief Medical Officer, US Olympic Team 2012) current Racing Hearts Board Member*

**Contact Us:**

Racing Hearts:  
 Call us: (650) 308-4138  
 By email: [info@racinghearts.org](mailto:info@racinghearts.org)  
 Our Website: [www.racinghearts.org](http://www.racinghearts.org)





THIS BOX CAN

**FIX**



**A BROKEN HEART**

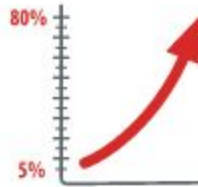
(AKA THIS IS A HEART DEFIBRILLATOR)



USE THIS DEVICE  
WITHIN THE FIRST

**10 MINUTES**  
TO IMPROVE SURVIVAL RATES

**AEDs ARE  
PORTABLE  
TALKING  
LIFE-SAVERS**



**USING A  
NEARBY AED**  
CAN INCREASE SURVIVAL FROM  
**5%—80%**



**AEDs ARE A  
PRO-ACTIVE,  
SIMPLE  
SOLUTION**



DID YOU CALL  
**911?**

**AEDs WILL NOT SHOCK  
A PERSON WHO IS NOT  
IN CARDIAC ARREST**



**ANYONE  
CAN USE AN AED**

Learning how to use an AED and taking a CPR course are helpful. However, if trained personnel aren't available, **UNTRAINED PEOPLE ALSO CAN USE AN AED** to help save someone's life.

**NIH** National Institutes of Health

FROM THE WEBSITE OF THE NATIONAL INSTITUTE OF HEALTH (NIH)

THE TOP SPORTS INVOLVED IN  
**SUDDEN  
DEATH:**

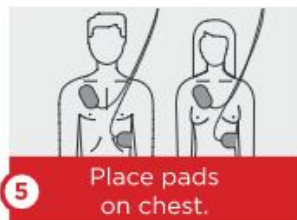
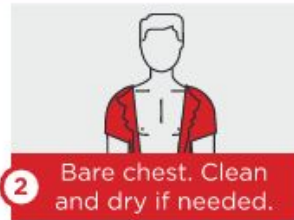
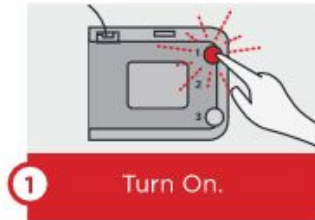


IN THE 1960s

**PORTABLE  
DEFIBRILLATORS**  
WERE INTRODUCED FOR THE  
USE IN **AMBULANCES**

# HOW TO USE

- QUICK GUIDE -



**INFANT / CHILD**  
< 55 lbs / 25 kg (0-8 years)

Insert key at beginning of rescue.

Place pads on back and chest.