



Natural
Resources
Conservation
Service

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MINNESOTA BULLETIN NO. 360-4-6

SUBJECT: PER-SAFETY AND HEALTH

Purpose. To provide information to employees on Automated External Defibrillator.

Expiration Date. September 30, 2004.

AED

You're working late one night when you hear a co-worker fall to the floor in an office nearby. You run down the hall, only to find them lying slumped on the floor and unresponsive. Without help, your co-worker has only minutes to live and the clock is already ticking. Your floor is equipped with an AED, and you're the only other person present at this hour. Do you know what to do?

According to the American Red Cross, sudden cardiac arrest (SCA) claims the lives of 220,000 Americans each year. An estimated one in seven people will have the opportunity to use CPR in their lifetime. And while CPR can widen the survival window for an SCA victim, a normal heart rhythm can be stored only by defibrillation, with the most life-saving potential occurring in the first four minutes of cardiac arrest. By having an AED on site, you have already been given an invaluable tool.

The following employees are "First Responders" and trained to operate the AED:

Susan Ploetz
Al Giencke

Kevin Senander
Sonia Jacobsen

Bill Lorenzen
Tim Koehler

So if this happens to you, what will you do?

WILLIAM HUNT
State Conservationist

DIST: SO-AE

*The AED is located in the storeroom in the First Aid file cabinet.