

Longshore Safety Tip

July 2008

AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

TAKE CARE OF YOUR HEART!

Cardiovascular disease is the major cause of death in the United States. Nearly half of these deaths (250 000 to 500 000) are sudden and unexpected. Most of these sudden deaths occur outside the hospital and could occur at the workplace. Survival rates have traditionally been poor—only 1% to 5% of these patients are estimated to survive to hospital discharge

VENTRICULAR WHAT?

Heart attacks and other conditions can cause ventricular fibrillation. In ventricular fibrillation, the electrical signals in the lower part of the heart are uncoordinated and ineffective. Very little blood is pumped from the heart to the body or the lungs. If ventricular fibrillation is not treated within a few minutes, it will result in Cardiac Arrest and death.

That is a real problem but what can I do?

An (AED) is a portable automatic device used to restore normal heart rhythm to patients in ventricular fibrillation. An AED is applied outside the body. It automatically analyzes the patient's heart rhythm and advises the rescuer whether or not a shock is needed to restore a normal heart beat. If the patient's heart resumes beating normally, the heart has been *defibrillated*.

An AED is used in **ADDITION TO** giving the victim CPR (cardio-pulmonary resuscitation).

WHERE CAN I FIND AN AED ?

You may find AED's in such places as lunch rooms, guard shacks, terminal office buildings, Walking Boss/Foremen, Superintendents and Guard vehicles .
Check the Terminal Map or ask your supervisor where AEDS are located
WHERE YOU WORK.

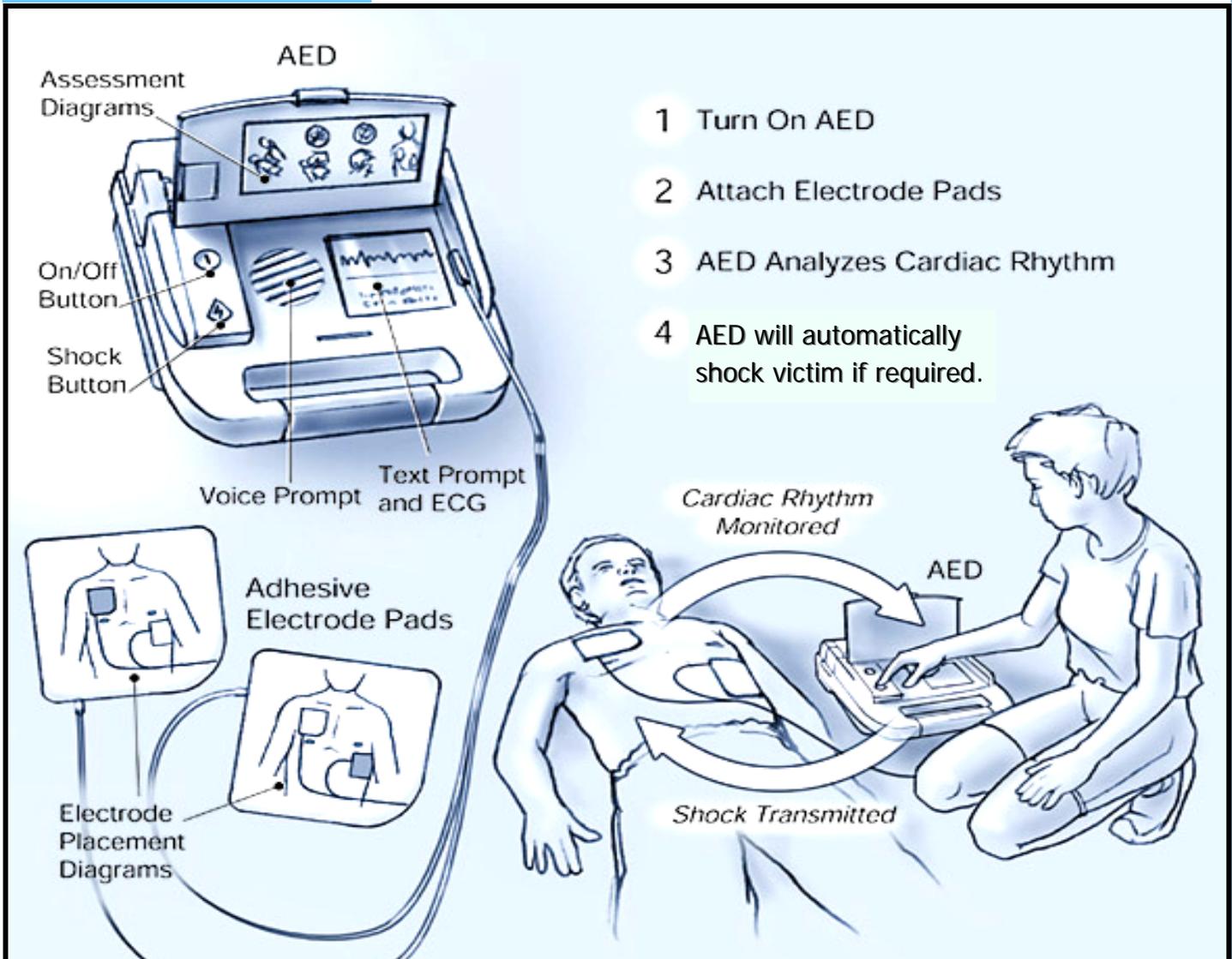


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HOW DOES AN AED WORK?



HOW CAN I GET (AED) TRAINING?

To be able to administer CPR and use the AED properly, you need training. Employers have trained superintendents, foremen and watchmen. You may request training through your Joint Area Accident Prevention Committee as per PCMSC Rule 309 and PCCCD Section 16.2



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