OXNARD UNION HIGH SCHOOL DISTRICT

AED Annual Notification

SUDDEN CARDIAC ARREST INFORMATION

Sudden Cardiac Arrest is the abrupt loss of heart function in a person who may or may not have diagnosed heart disease. It occurs instantly or shortly after symptoms appear. Each year, more than 350,000 cardiac arrests occur in the United States.

Cardiac arrest is caused when the heart's electrical system malfunctions. In cardiac arrest, death results when the heart suddenly stops working properly. Death can occur within minutes after the heart stops.

Although a heart attack is not the same as sudden cardiac arrest, the blockage that stops blood flow to the heart in a heart attack can result in Cardiac Arrest.

Cardiac arrest may be reversed if cardiopulmonary resuscitation (CPR) is performed and an automated external defibrillator (AED) is used to shock the heart and restore a normal heart rhythm within a few minutes.

Signs of Cardiac Arrest:

- **Sudden loss of responsiveness** (no response to tapping on shoulders).
- ☐ No response to tapping on shoulders.
- ☐ Does nothing when you ask if s/he's OK.
- **No normal breathing**
- ☐ Victim is not breathing or is only gasping.

If you suspect someone is suffering from cardiac arrest:

- **Tap and shout**
- Check if the person responds. Tap him and shout, "Are you OK?" If he doesn't move, speak, blink, or otherwise react, then he is not responding.
- **Yell for help**
- Tell someone to or **Call 9-1-1** or your emergency response number and get the AED.
- If you are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get the AED.
- **Check breathing**
- If the person isn't breathing or is only gasping, give CPR.

- **Give CPR: Push hard and fast**

- Push down at least 2 inches at a rate of 100 to 120 compressions per minute in the center of the chest, allowing the chest to come back up to its normal position between each compression.

- **Use an AED** as soon as it arrives

  Turn on the AED and follow the prompts.

- **Keep pushing** until the person starts to breathe

  Continue CPR until the person responds someone with more advanced training, including emergency personnel, takes over.

EMERGENCY RESPONSE PLAN

Our school emergency response plan can be found in the front office and at the district office. Highlights of the plan for the purpose of AED use are:

Example:

1) Evaluate the scene of the injury or illness. Isolate and secure the area.

2) Notify the school office

3) Call 9-1-1, as appropriate

4) If indoors, determine the need to implement Evacuation (affected classroom only) so that students are not unnecessarily exposed to trauma or danger

5) Stabilize the victim, and administer first aid

6) Use standard precautions as outlined in the district "Bloodborne Pathogens Exposure Control Plan"

Athletics Emergency Action Plan

1) Prior to an Athletic Activity, an AED should be located within a 3-5 minute return walk of the activity.
2) Prior to an athletic Activity, Coaches and other adults associated with the activity should be trained in the use of AED's.
3) At the time of an injury/illness, evaluate the scene, isolate and secure the area.
4) Notify the school office
5) Get the AED
6) Call 9-1-1, as appropriate
7) If indoors, determine the need to implement Evacuation (affected classroom only) so that students are not unnecessarily exposed to trauma or danger
8) Stabilize the victim, and administer first aid
9) Use standard precautions as outlined in the district "Bloodborne Pathogens Exposure Control Plan"

AED LOCATION

AED locations are found on Site Maps for AED Cabinets Document

INSTRUCTIONS FOR AED USE

Instructions for AED use are posted with every AED and are listed below.

AED Use Steps

Automated external defibrillators can help save lives during sudden cardiac arrest. In order to help keep your skills sharp, this quick step-by-step guide is posted next to the AED.
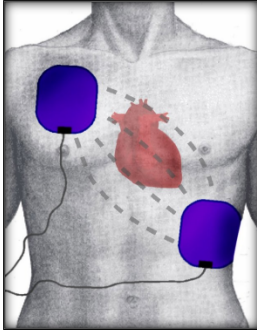
Before Using the AED

After checking the scene and ensuring that the person needs help, you should ask a bystander to **Call 911** for help.

Use standard precautions including gloves, breathing barrier and eye protection as necessary.

AEDs are for use on anyone in cardiac arrest. Pediatric (child) pads are preferred for children under age 8/under 55 pounds.   If pediatric (child) pads are unavailable, use the standard pads to save a life.

Using the AED

1. Turn on the AED and follow the visual and/or audio prompts.

2. Open the person's shirt and wipe his or her bare chest dry. If the person is wearing any medication patches, remove the patches before wiping the person's chest.

3. Attach the AED pads to the victim as illustrated, [and plug in the connector (if necessary)].

4. Make sure no one, including you, is touching the person. Tell everyone to "stand clear."

5. [Push the "analyze" button (if necessary) and] allow the AED to analyze the person's heart rhythm.

6. If the AED recommends that you deliver a shock to the person, make sure that no one, including you, is touching the person – and tell everyone to "stand clear." [Once clear, press the "shock" button (if necessary)].

7. If trained, begin **CPR** after delivering the shock. Or, if no shock is advised, begin CPR. Perform 2 minutes (about 5 cycles) of CPR and continue to follow the AED's prompts. If you notice obvious signs of life, discontinue CPR and monitor breathing for any changes in condition.

<div align="center">Posting Instructions</div>

This is a sample document that can be used for the purposes of fulfilling the requirement that AED Use Instructions be posted by each AED.

All elements of this document can be adapted for the specific AED at each site. Several bullet points include text in blue; these may be left in or taken out depending upon the level of automation of your AED.

In addition, if you feel these instructions would be helpful a second copy can be left in the cabinet with the AED so they can be retrieved at the same time as the AED.

Any instructions posted next to AEDs with the purpose of fulfilling this requirement must be in at least 14 point font