

# Written Emergency Action Plan

## West High School

In compliance with Health & Safety Code section 1797.196, this document describes sudden cardiac arrest, states the location of AEDs on a particular campus, and lists procedures to be followed in the event of sudden cardiac arrest and other medical emergencies related to interscholastic athletic programs.

**Cardiac arrest** is the abrupt loss of heart function in a person who may or may not have been diagnosed with heart disease. It can come on suddenly, or in the wake of other symptoms. **Cardiac arrest** is often fatal, if appropriate steps aren't taken immediately. In the event of sudden cardiac arrest, note that three Automatic External Defibrillators (AEDs) are located on this campus at the following locations:

1. Chain Link Fence, S/W Corner of the Pool
2. Gym Entrance, Facing Quad
3. Theater Entrance

Immediately direct someone else to call 911.

Use the following procedures to operate the AED.

1. Remove the cover of the AED device.
2. Remove pads from beneath the cover.
3. Turn on power.
4. Place AED near head of patient.
5. The AED is programmed to analyze the condition of the patient and gives voice prompts that tell you exactly what to do. Follow the machine-directed instructions.
  - a. Attach AED to Patient:
    - i. Bare the victim's chest.
    - ii. Ensure the victim's chest is dry.

- iii. Prepare, and place pads on chest. [Note: the enclosed pads are for adults only. Do not apply to infants.]
- iv. If the victim has excessive chest hair, clip or shave the hair to ensure proper adhesion of the electrodes.
- v. To apply the electrodes:
  - 1. Tear open the electrode package and unfold the electrodes. Place the electrodes on the victim according to the graphics on the package.
  - 2. Hold the CPR sensor and place the sensor between the nipples and on the middle of the victim's breastbone, using the sensor's cross hairs to guide you.
  - 3. Press the CPR sensor with your right hand and pull the number 2 tab to peel the protective backing from the electrode. Press the electrode from the center out to make sure it adheres properly to the victim's skin.
  - 4. Press the CPR sensor with your left hand and pull the number 3 tab to peel the protective backing from the electrode. Press the electrode from the center out to make sure it adheres properly to the victim's skin.
- vi. Do not move patient during analysis.
- b. If indicated by the AED, deliver shock.
  - i. Clear yourself and others from patient.
  - ii. Push shock button.
- c. Perform CPR
  - i. Without delay begin CPR.
  - ii. Stop only if AED instructs you, patient moves, or another provider takes over from you.

For any medical emergency related to interscholastic athletic programs that warrants medical attention, call 911.