

AED this Christmas



At your office Christmas party there will be speeches thanking employees for their efforts this year and telling them how much of an asset they are to your organisation.

Sudden Cardiac Arrest (SCA) is the leading cause of sudden death in Australia; well ahead of breast cancer, prostate cancer, bowel cancer, road fatalities and all workplace deaths combined. Before the advent of the Automated External Defibrillator (AED), 95% of sudden cardiac arrest victims died even with prompt first aid, rescue, breathing and cardiopulmonary resuscitation. Today, when an AED is used within 2 minutes of an SCA event there is an 80% chance of survival; 60% chance if used within 4 minutes. Every minute counts; waiting for an ambulance may have tragic consequences. First responder programmes (where a defibrillator is readily available at site) have shown an 86% survival rate for SCA from first response to ambulance handover.

We teach our employees the **DRSABCD** acronym (Danger, Response, Send, Airway, Breathing, CPR and Defibrillation) but most workplaces do not have ready access to the actual tool needed to achieve defibrillation – The AED.

A good Automated External Defibrillator, useable with little or no training, can be purchased for under \$2500; often costing less than many workplace Christmas parties. Don't just say the words; go out and purchase the tools which can protect your most important assets.

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