

# A p a r t m e n t

## SAFETY NOTES



SPOKANE FIRE DEPARTMENT

FEBRUARY 2011



With February reminders of Valentine's Day and happy hearts, this is a good time to look at the life-saving role that CPR and AEDs have come to play in our communities.

Each year there are about 295,000 emergency medical service-treated heart attacks that occur outside of a hospital setting. In 30% of these events, immediate first response comes from a bystander performing CPR (cardiopulmonary resuscitation).

Although mouth-to-mouth resuscitation was first officially recommended for drowning victims by the Paris Academy in 1740 and other advances were made in the early 1900s regarding chest compressions, the forerunner of CPR was not developed until 1960 and formally endorsed by the American Heart Association in 1963. Between 1972 and 1974 the first mass citizen training in CPR was conducted in Seattle and reached over 100,000 people.

The computer technology afforded by AEDs has further extended the capacity of ordinary citizens to help save persons experiencing a heart attack. An AED (automated external defibrillator) is a portable electronic device used to automatically diagnose cardiac arrhythmias and, if needed, apply an electrical shock to restore the heart rhythm. We are beginning to see more of these devices at shopping centers, airports, casinos, sports stadiums and larger schools. In addition, apartments or assisted living centers with a large percentage of senior residents may consider installing an AED to assist anyone in the first stages of a heart attack.

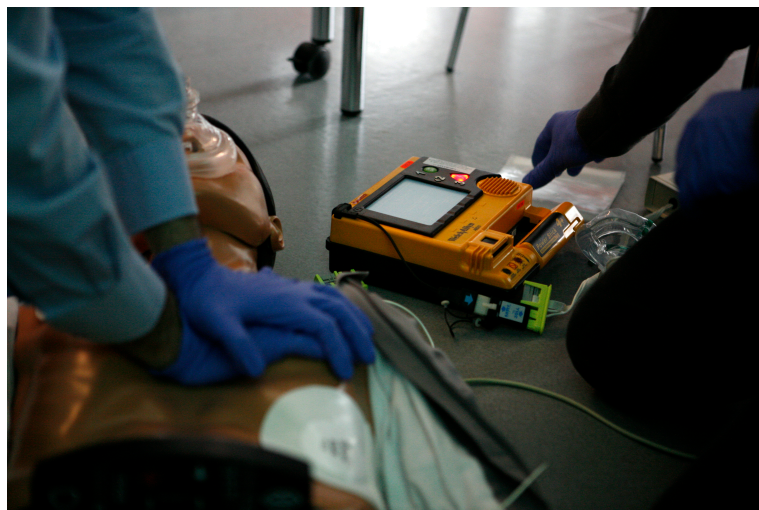
It is important for everyone to recognize that an AED, in itself, is not an easy answer to heart attacks. The AED must be used in conjunction with an immediate call to 9-1-1 requesting trained emergency personnel and with persons on hand ready to begin CPR as instructed, either through the automated AED device or by the 9-1-1 call center.

The main purpose of CPR is to restore a flow of oxygenated blood to the heart and brain and extend the window of opportunity for a full resuscitation. The main purpose of the AED is to deliver an electric shock through the chest to the heart that stops an irregular rhythm and allows a normal rhythm to resume. AEDs save lives when used within the first few minutes after cardiac arrest. With both CPR and AED use, it is **critical** to call 9-1-1 to have medical help en route to the scene.

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As with any device, you will also want to be aware of recent recalls of certain AEDs. The FDA (U.S. Food and Drug Administration) is currently working with manufacturers to improve AED design and manufacturing processes.

For apartment managers wanting more information on AEDs, we recommend you contact Spokane County EMS & Trauma Care Council at [www.emsoffice.com](http://www.emsoffice.com) and download the PAD (Public Access Defibrillation) packet. This will give you step-by-step information regarding staff training and how to request a prescription for an approved AED.



## CPR Changes

Spokane Fire Department has temporarily suspended their weekly “Community CPR” classes while the Emergency Medical Services staff reviews new American Heart Association guidelines for CPR and Emergency Cardiovascular Care.

New research indicates that it is more important to immediately begin chest compressions rather than lose time with rescue breathing. In addition, rescuers should now give compressions at a rate of 100 times per minute, which is a little faster than initially believed.

We will keep you posted to the revised CPR training opportunities as soon as they are scheduled.

## “An Ounce of Prevention....”

Spokane Regional Health District offers a number of programs geared towards improving the health of the community through better access to exercise and nutrition options. For more information on participating in Community Gardens, the Bicycle Master Plan or Safe Walking in our Neighborhoods, contact [www.srhd.org](http://www.srhd.org) or (509) 324-1530.



You can sign up for this monthly newsletter, ask a fire-related question or suggest a specific safety topic by contacting Jan Doherty at [jdoherty@spokanefire.org](mailto:jdoherty@spokanefire.org) or by calling 625-7058.

Access this edition of Apartment Safety Notes as well as back issues at [www.spokanefire.org](http://www.spokanefire.org) under “Prevention”.



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