



## AED's: Automated External Defibrillators



*After every CPR class, YCPARMIA asks the class for safety suggestions for their organizations, and by far the most prevalent suggestion we receive is for members to put more AEDs in their various locations. As prices come down, we anticipate they will become more common. However, having them is not enough; they have to be maintained and easily accessible.*

*If you have not been through our CPR trainings, AEDs are small, portable devices that can analyze heart rhythms and deliver a defibrillation shock, if the AED determines one is needed. Once the AED is turned on, it guides the user through step by step voice prompts. Although using or owning an AED has never been easier, what often gets forgotten is that there are laws placing strict requirements on AED owners to maintain the device, have trained users on site, and updated policies, if they do not want to be held liable for any civil damages resulting from rendering emergency care.*

*Members who already have AED's at their worksites should be aware that section 1797.196 of the California Health & Safety Code requires that:*

- Any entity acquiring an AED shall notify the local Emergency Medical Services Agency of its existence, the location, and the type of AED acquired.*
- AEDs be maintained and regularly inspected according to the manufacturer's guidelines, at least once every 30 days. These checks should be documented. After each use the AED is returned to the manufacturer for inspection and servicing.*
- Anyone who uses an AED in rendering emergency care must call EMS as soon as possible, and the AED discharge needs to be reported to EMS.*
- For every 5 AED units a workplace has, there should be at least one employee trained in CPR & AED available to respond during normal operating hours.*
- There must be a written plan listing the steps to follow in the event of a cardiac emergency that may involve the use of an AED, including instructions to immediately notify 911 and trained office personnel at the start of AED procedures.*



*Members should also be aware that AED pads expire after 3.5 years, and the batteries are good for 7 years.*



## Texting & Driving Don't Mix

By now, everybody knows that distracted driving can be deadly — right? Apparently not: Studies show that distracted driving is still a serious threat on the nation's roads. According to the US Department of Transportation, in 2011, 3,331 people were killed in crashes involving a distracted driver and another 387,000 people were injured. Since text messaging requires visual, manual, and cognitive attention from the driver, it is by far the most alarming distraction. Your odds of crashing increases 23 times if you text while driving.

### **It Can Happen in a Second**

Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds. At 55 mph, that's like driving the length of an entire football field, blindfolded.

### **You know it's dangerous, but just can't help yourself?**

Below are some downloadable apps and computer programs\* that vary in benefits and features. Some involve set-up fees or ongoing monthly charges; others are free:



**izUP** — Keep eyes on the road, since this app holds your texts, emails and phone calls while driving faster than 5 mph. Calls are sent to voice mail and text messages are delivered once the vehicle comes to a stop. Still allows 911 calls and whitelisted or preapproved numbers. \$5 per month. ([www.getizup.com](http://www.getizup.com) for Android & Blackberries)

**Textecution** — Disables texting functions while driving. If your employee or teen driver tries to disable or uninstall the application, you are notified. \$29.99 once for the life of the phone number. ([www.textecution.com](http://www.textecution.com) for Android)

**DriveMode** — A free, downloadable application for Android and Blackberry phones that prevents texts or emails when vehicle is in motion. It also automatically sends a customized response to incoming texts, similar to an “out-of-office” reply.

**tXtBlocker** — Stops texting while driving and allows you to set up “No Cell Zones” that limit cell phone use based on specific locations and times. \$6.99 monthly fee.

**Text'nDrive** — Stops texting, emailing, Web surfing, gaming and even distracting phone calls whenever the vehicle is in motion. (Free app for iPhone, Android & Blackberry)

\*Disclaimer: Mention of products is not an endorsement by YCPARMIA.

### **Only Need a Gentle Reminder to Drive Safely?**

Download Parkview Trauma Center's free Don't Text & Drive mobile wallpaper for your cell phone.

<http://www.donttextdrive.com/your-city/students/>