

Naval Support Activity Monterey /
Naval Postgraduate School



SAFETY GRAM

11 August 2016

AED

Background: Every year in the United States more than 300,000 people die of sudden cardiac arrest. Sudden cardiac arrest can happen to anyone, anytime without warning but usually occurs in adults. Automated External Defibrillators (AEDs) are used for victims in cardiac arrest (when the heart has stopped). It is crucial that CPR is initiated until the AED is available for use. CPR circulates oxygenated blood to the vital organs of the body, but does not necessarily restart the heart. For every minute that the application of the AED is delayed, chances of survivability are decreased by 10%.

Purpose: The primary purpose of this safety gram is to provide a general understanding as to how to use an AED in a life-saving emergency. The AED analyzes the heart's electrical system and may prompt the rescuer to deliver a shock to re-establish the heart. CPR is a continuous cycle of 30 chest compressions and 2 rescue breaths.

Scope And Applicability: The Zoll Plus AEDs are located throughout this installation (see below for specific locations) They are all highly visible with appropriate signage and are accessible to the public. They are all similar to operate and have common features such as electrode pads, voice prompts, visual displays or lighted buttons to guide the responder through the steps of the AED operation

Training: There have been 4 life-saving success stories from individuals who have taken the American Red Cross training through the Safety Office; 2 cardiac arrest victims and 2 drowning victims were all rescued by trained personnel. American Red Cross CPR, AED and First Aid training is available upon request and includes a certification card valid for 2 years. There is no certification for Chest Compressions Only CPR. Please contact the NSAM AED Program Coordinator in the Safety Office at 656-1975 to get more information regarding CPR, AED and First Aid training.

Using an AED: When cardiac arrest occurs, call 9-1-1 and begin CPR immediately. You can also call the Base Police emergency number at 656-2555. Each patrol vehicle is equipped with an AED in the trunk of their car and sometimes they can respond quicker to an emergency here on base.

AED Precautions: When operating an AED, follow these general precautions:

- Do not use alcohol to wipe the person's chest dry. Alcohol is flammable.
- Do not use an AED and or pads designed for adults on a child younger than 8 years old or weighing less than 55 lbs.
- Do not touch the person while the AED is analyzing or when the AED is defibrillating.
- Do not defibrillate someone when around flammable or combustible materials.
- Do not use an AED on a person who is in contact with puddles of water.
- Do not use an AED within 6 ft. of a mobile phone or radio.

Policy: AED policy is available for review in the Naval Support Activity Monterey (NSAM) Installation Automated External Defibrillator (AED) Program Instruction 5100.15 and in the Navy Installation Automated External Defibrillation Program, OPNAV INSTRUCTION 5100.29 dated 13 July 2012.

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AED Locations:

NPS/NSAM: (Zoll AED's)

- Golf Course Pro Shop, front desk area
- Gym, behind front desk
- Starbucks entryway
- Building 220 Quarterdeck
- N3AT Patrol Vehicles (4)
- Building 436 & Main Gate Guard Shack
- Ingersoll Lobby
- Watkins Hall (Homeland Security, near bathrooms on 3rd floor)
- Library Lobby
- NAVFAC (2)
- Navy Exchange Lobby
- King Hall Lobby
- CIRPAS, Marina Hanger, near the med kit close to the front door on the hanger deck
- Chapel entry way or common area
- Comptroller/HRO 2nd floor of bldg. 220 near ladies restroom
- Navy Lodge, Behind front desk or lobby
- Building 220 Herrmann Hall Dining Room- near service elevator or hallway
- Building 221 Herrmann Hall East wing
- Building 222 Herrmann Hall West wing
- Building 271 NSAM HQ between the conference room and break room
- Watkins Hall Lobby, 1st floor entry way
- Building 217 Rocket Lab- near Control Room/Fume Hood
- Building 259 CCMR in hallway, next to room 104
- Root Hall 2nd floor, hallway, close to room 214 (the center of the bldg.)
- Spanagel Hall
- 5th Floor-Near existing fire extinguisher, by Dean's Office (by ladies restroom/to the left of room 538)
- 1st Floor-Main entrance
- Halligan Hall 1st deck, near crane control area
- Bullard Hall near elevator/drinking fountain
- Glasgow Hall (East Wing), near Dean's Office
- (West Wing), common area, near bathrooms
- Building 215, near entry way
- Building 310 Reed Hall, near entry way
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FNMO & NRL

- Building 700 Lobby
- Building 704 Lobby
- Building 702 Lobby
- Building 715, first floor break room
- Building 28, office trailer entrance