

Where is your nearest AED?



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. SCA can strike people of all ages and fitness levels.

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 \$2000.

While some organisations are still dragging their feet; other companies are looking beyond their employees. Companies like the Woolworths Group, are leading the way as 'good corporate citizens' by rolling out automated external defibrillators across all their Australian supermarket stores; not just for their employees but also for their customers and the wider community.

REGISTER YOUR AED!

Registering your AED is extremely important. All AEDs should be registered on the:

St John (Australia wide) AED Registry: <https://aed.stjohn.org.au/view-aed-locations>

And the associated ambulance service (depending on your AED's physical location):

Ambulance Victoria AED Registry: <https://registermyaed.ambulance.vic.gov.au/>

South Australian Ambulance AED Registry: <http://www.saambulance.com.au/NewsPublications/AEDRegister.aspx>

Ambulance Tasmania AED Registry: https://www.dhhs.tas.gov.au/ambulance/community_information/eadp

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