



Sudden cardiac arrest can happen to anyone, anytime—in your health club.

## LIFEPAK® AEDs—saving more lives in our health clubs ANSWERS TO YOUR QUESTIONS

### THERE ARE MANY AEDS (AUTOMATED EXTERNAL DEFIBRILLATORS) ON THE MARKET TODAY. WHY SHOULD WE CHOOSE THE LIFEPAK BRAND?

The manufacturer of LIFEPAK® defibrillators, Medtronic, pioneered defibrillation nearly 50 years ago, and is now the world leader in medical technology. Over the decades, the LIFEPAK reputation for quality and reliability has earned the respect of experts in emergency cardiac care. More hospitals and nine out of the top 10 emergency medical services (EMS) providers nationwide rely on LIFEPAK defibrillators every day to help save lives.



We designed the *CR Plus* with your needs in mind. It is very easy to use, even on an infrequent basis. Time to first shock is critical in improving survival rates. A recent independent study found that untrained users could deliver a shock faster using the *CR Plus* than the other AEDs tested.<sup>1</sup>

Built to the tough specifications used by EMS teams, the *CR Plus* is easily portable and can withstand the rough and tumble environment of your health clubs.

### ARE THERE LIABILITY CONCERNS ABOUT AEDS?

It may reassure you to know that manufacturers design AEDs to be easy and safe for anyone with minimal training to use. Even so, some members of your health club may worry about liability and AEDs.

AEDs are increasingly becoming the standard of care. Legislation is pending in both Illinois and Rhode Island that would require AEDs in health clubs. Other states have considered similar measures.

The U.S. Cardiac Arrest Survival Act (CASA) of 2000 offers federal liability protection for those who acquire or use an AED. Good Samaritan laws in all 50 states grant immunity from civil liability to many people who use an AED in an emergency. Because court decisions, laws and regulations about AED use vary by locale, be sure to know your state and local regulations.

Consult with your legal and risk management staff members for help designing a comprehensive program that meets your area's legal requirements. They can help you weigh any concerns about AEDs against the risk of liability for failing to have them on-site.

*For more information please visit: [www.aedhelp.com/legal/downloads/aed\\_legislation\\_summary.pdf](http://www.aedhelp.com/legal/downloads/aed_legislation_summary.pdf)*

## ARE AEDS NEEDED IN HEALTH CLUBS?

The IHRSA (International Health, Racquet & Sportsclub Association) encourages health club owners to consider the advantages of installing AEDs in their facilities. A June 2002 IHRSA paper summarized the “preparedness shortfall” found to exist in 122 randomly selected health clubs in Ohio.<sup>2</sup> Nearly 20 percent of the surveyed clubs reported having a serious cardiac event on-site. The paper recommended:

- Training all fitness staff in CPR
- AED acquisition and training
- Basic cardiovascular screening of all prospective club users
- Having a written emergency response plan that is regularly reviewed and practiced

## HOW MANY AEDS WILL WE NEED TO BUY FOR OUR HEALTH CLUB?

There is no simple formula that applies to all health clubs. Your local EMS or vendor may be able to help you determine the number of AEDs and where to place them.

Often the best way to decide is to walk through your health club, stopwatch and floor plans in hand. Ideally, you want a “drop to shock” time of 3-5 minutes or less. A rule of thumb to keep in mind when planning AED placement is that walking at a brisk pace, you can cover about 300 feet per minute.

## HOW MUCH SHOULD WE BUDGET FOR OUR AED PROGRAM?

When planning your budget, be sure to include both start-up costs and ongoing expenses, such as refresher training and maintenance. Include the following items and related costs when developing your budget:

- AEDs
- Wall cabinets or carrying cases
- Supply replenishment (electrodes, batteries)
- Training and skills refreshment (classes and supplies)
- Device maintenance or service agreement

**For more information about planning and managing an AED program for your health club, please visit [www.aedhelp.com](http://www.aedhelp.com) and read our *AED Program Implementation Guide*.**

1. Eames, P., Larsen, P.D., and Galletly, D.C. 2003. Comparison of ease of use of three automated external defibrillators by untrained lay people. *Resuscitation*, 58: 25-30.

2. McInnis, K., SC.D. 2002 AED Alert - Call 911. This summarized a survey of 122 randomly selected clubs which found nearly 20% had experienced a serious cardiac event on site.