



The strenuous work performed by local highway agencies and the associated environmental stressors may place workers at a heightened risk for cardiac emergencies. Procuring one or more AEDs can be a great way to enhance safety and provide a critical lifeline for employees if heart-related emergencies do occur.

Heart Attack Facts:

- Many victims have no prior history of heart disease and are stricken without warning.
- Chances of survival from sudden cardiac death diminish by 7 – 10 percent for each minute without immediate CPR or defibrillation.
- After 10 minutes, resuscitation rarely succeeds.

Using an AED:

- Train employees on the proper use of the agency AED machine. The American Red Cross provides many training resources including online and in-person classes.
- Practice using your agency's AED regularly. Ensure all new employees know where the device is located.
- If a person loses consciousness, check for a pulse. If a pulse is not present, utilize your AED.
- Follow the instructions on the AED machine regarding electrode pad placement and use of the device.
- Deliver the shock to the patient and reassess whether you need to continue CPR or deliver another shock.

Maintaining an AED

AEDs are like any other type of equipment, they must be monitored and maintained to ensure they are in good working order when you need them. Here are some tips on purchasing and maintaining an AED in your workplace:

- Purchase your AED from a reputable supplier/seller. AEDs should be approved by the FDA and the FDA provides a list of approved devices.
- Follow manufacturer instructions for AED maintenance and upkeep. Be sure to follow design specifications for your AED and keep the device protected from extreme environmental stress like high temperatures and moisture.
- Store your AED in a location that is easy to access.
- Replace batteries and electrode pads regularly.

Resources

- [Red Cross AED Webpage](#)
- [Mayo Clinic AED Webpage](#)
- [Food and Drug Administration AED Webpage](#)
- [OSHA AED Webpage](#)

