

## The Serpentine Swimming Club AED

The SSC Committee has purchased an AED, which will be stored in the club changing room. The AED will be located in the bottom drawer of the kitchen unit. It is fitted with an alarm which will alarm when the AED is removed from the drawer.

### What is an AED

An Automated External Defibrillator (AED) is a lightweight, portable device that delivers an electric shock through the chest to the heart. The shock is aimed to stop an irregular heart rhythm and allow normal rhythm to resume following sudden cardiac arrest

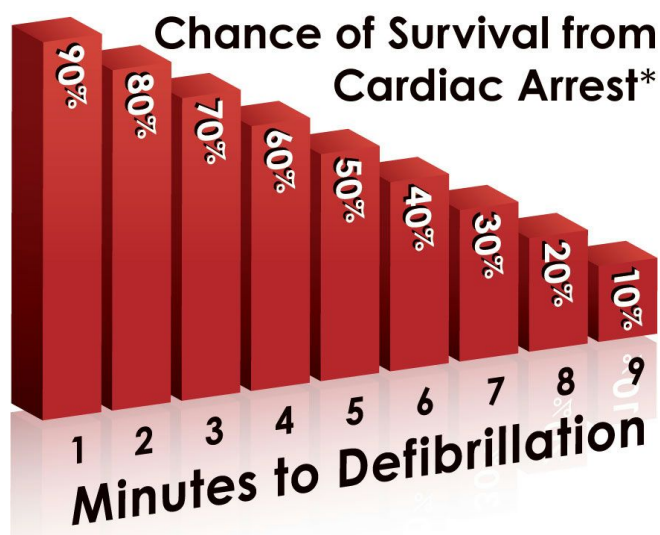
Sudden cardiac arrest is an abrupt loss of heart function, If not treated within minutes, it can quickly lead to death.

When sudden cardiac arrest occurs, approximately 50% of the victims will need a shock.



In adults there are two main types of cardiac arrest that are 'shockable':

- Ventricular Fibrillation (VF), a rapid, unsynchronised heart rhythm starting in the heart's 'pump' (The ventricles). This is the most common type.
- Ventricular Tachycardia



There are two non-shockable rhythms, known as pulseless electrical activity (PEA) and asystole. The AED will recognise the patient's heart rhythm and deliver a shock if the rhythm is a 'shockable' one.

**ALL the victims will require cardiopulmonary resuscitation (CPR)**

## Are all AED's the same?

AEDs fall into two main categories:

- A Fully Automatic AED:
  - Will detect a shockable heart rhythm (once the pads are applied to the patient's chest) and will deliver the shock on it's own
  - No one needs to push a button
- A Semi-Automatic AED:
  - Will detect a shockable heart rhythm (once the pads are applied to the patient's chest) and will deliver the shock when the rescuer pushes the 'SHOCK' button on the device
  - Has voice prompts so the rescuer knows when to pause CPR and push the 'SHOCK' button

## What AED does the Serpentine Swimming Club have?

The Serpentine Swimming Club has purchased a ZOLL Semi-Automated AED to use in the event of an acute cardiac event. The device has both Adult and Paediatric pads, both of which are stored with the AED.



## Why the Zoll AED?

- Has **Real CPR Help®**, a unique CPR feedback tool that is able to monitor CPR quality and provide real-time feedback for depth and rate of chest compressions
- Has audio and visual prompts that guide you throughout the resuscitation
- The lid becomes a head support to help with airway position:



- Has user replaceable batteries
- Has a self-test function for the unit to ensure that it always ready for use when required
- Is 'water resistant'
- Has ability to use paediatric pads, rather than adult ones, for a smaller patient, which deliver smaller shocks. **(The pads are non-reusable. Open the pack ONLY in an emergency situation)**
- Has an identical looking training unit to help with regular training/familiarisation of club members interested in learning more about providing basic life support



Adult Pads



Paediatric pads



Training Unit

### Where and how it's stored at the Serpentine

- The security vs accessibility of the AED are at two ends of a spectrum, and the committee has taken a midway stance as to where it'll be stored
- The AED is alarmed, which sounds loudly for three minutes when the AED is removed from its drawer, to alert SSC members of an emergency or potential theft
- The alarm can be reset/silenced by either waiting for three minutes, or replacing the safety pin
- Regular self-tests on the AED unit will be performed by an appointed SSC Committee member
- The pads will be replaced when they reach their 'use by date', or have been used in a resuscitation

### For Further Information

For further information regarding the Zoll Semi-Automated AED device (Including videos of how to use the device), please see the Serpentine Swimming Club website via the link below:

<http://serpenteswimmingclub.com/ssc-automated-external-defibrillator/>

If you have any questions or concerns, please approach a member of the Committee and they will endeavour to answer these or direct you to appropriate sources. Alternatively, in a non-emergency situation, please email [Nick Adams](#) or [Sakura Adams](#) for further information.

**IF YOU USE THE AED 'FOR REAL' PLEASE NOTIFY A COMMITTEE MEMBER  
AT THE EARLIEST OPPORTUNITY (As the pads will need to be replaced)**