



One AED Saved Two Lives

(Ft. Collins, CO, - February 8th, 2011) - In a Ft. Collins Recreation Center, Katie Stieber's CPR/AED training kicked into action. "I've taken the CPR/AED training four or five times and the refresher courses" Stieber said, "all I can say, I will never complain again about taking the class."

On a Monday morning Katie heard a cry for help in the exercise area at one of the Ft. Collins Recreation Facilities. She and other Recreation Department Staff ran to find an unresponsive man slumped over a stationary bicycle. After assessing him, one of the staff called 911, another ran to get an AED, while Katie started chest compressions.

This was the second time in just five months that the very same AED would be used in their facility.

They applied the AED to the victim, it said a shock was advised and to continue with CPR. An Automated External Defibrillator, or AED, is a small, portable device that analyzes the heart's rhythm for someone in cardiac arrest and delivers a defibrillation shock if it determines one is needed. Katie said "it was extremely logical to use the AED", especially after all the training she'd had, but couldn't help thinking "this is real".

The City of Ft. Collins is a "Heart Safe" City because of their strong AED program with 21 AEDs throughout the city. Dr. Amy Vermilyea is the CPR/AED Training Coordinator at AED Authority® which manages the City of Ft. Collins' AED program. Dr. Vermilyea said that "Unless CPR and defibrillation are provided within minutes of collapse, few attempts at resuscitation are successful. Even if CPR is performed, defibrillation with an AED is required to stop the abnormal rhythm and restore a normal heart rhythm." Katie and the other staff knew timing was everything and quickly got into motion. After arriving at the scene, Katie said "within 25 to 30 seconds they had everything in place" to proceed with CPR and someone getting the AED.

By using the AED, the well-trained staff have now saved two lives. Dr. Vermilyea said "New technology has made AEDs simple and user-friendly. With a few hours of training, anyone can learn to operate an AED safely." After many training courses, Katie and the other staff would agree it certainly helped with their successful outcomes.

AED Authority® is a service provider of Automated External Defibrillator (AED) Management Programs. Headquartered in Morrison, Colorado, AED Authority® manages the implementation and administration of thousands of AEDs across North America. 888.970.7799 www.aedauthority.com.