



Are your Pads expired?

Some of our earliest placement locations have batteries and pads that need to be replaced. It is **VERY** important to check your AED once a month to make sure it is functional whenever it is needed. **If your pads have expired or you have a battery symbol on the handle, give J.T. Coyne a call at 769-7473.**

Barbara Lawson is keeping records of your maintenance reports. Our Policies & Procedures require us to make sure every AED is checked at least once every 90 days. Please send your completed checklists to Barbara at 884-7828 (Fax) or barbaralawson2@cs.com. This Fax machine is in Barbara's home. So please be respectful and do not send Faxes in the middle of the night.

Mary Rieke - CPR Boot Camp Instructor



Certified as a teacher in Iowa, Mary Rieke has been teaching classes of various kinds her entire life. Starting with English and Spanish in high school, she has now graduated to teaching CPR and First Aid for Heart Safe La Plata. She joined the Durango Fire and Rescue Authority as a volunteer firefighter in 2000. Shortly after joining the Authority, she earned her EMT-Basic certification. On the fire line during the Missionary Ridge Fire, she has given her firefighting career her complete dedication. In 2004, she became a CPR and First Aid instructor and has been teaching our classes ever since.

Her students refer to her classes as *CPR Boot Camp* because she teaches with such intensity. She explains it this way: "Yes, it's an intense course. Life and death situations are intense, and this is the preparation for that event. I have tremendous respect for my students for committing to a rescue situation and practicing the skills until the skills will serve them efficiently and automatically. They agree that the muscles will remember when the brain panics, so they practice until the CPR moves are automatic, freeing their brains to handle the rest of the rescue." If you ever have the good fortune to be in one of Mary's classes, please thank her for her commitment.

CPR, First Aid & First Responder Classes

Congratulations to J.T. Coyne and his staff on a very successful training program. Our Heart Safe La Plata Training Center is teaching two or three CPR and First Aid classes every month which are open to anyone in the community. In addition, classes are taught on site for businesses as needed. Some of our clientele includes Durango Fire & Rescue Authority, City of Durango, Durango Mountain Resort and many medical and dental offices around town.

J.T. Coyne and Patty Egger have just finished a First Responder class for Durango Fire & Rescue Authority. Classes we can teach at your site include

- Basic First Aid - 3 hours
- Basic Wilderness First Aid - 8 hours
- CPR & AED for Community & Workplace - 4 hours
- CPR Pro for the Professional Rescuer - 6 to 8 hours
- AED only - 2.5 hours
- Bloodborne Pathogens - 3 hours
- Emergency Oxygen Administration - 3 hours
- Emergency Responder - 14 to 20 hours
- Wilderness First Aid - 16 to 20 hours
- First Responder - 40 hours
- Wilderness First Responder - 60 to 80 hours

For pricing information or to schedule a class, call J.T. Coyne at 769-7473.

Heart Safe La Plata joins Chamber



Heart Safe La Plata joined the Durango Chamber of Commerce so that we can reach more of the business community. Our goal is to place additional AEDs with local

businesses and to train their staffs in CPR and AED use.

Toward that end, Board Member Mark Rich and Program Coordinator J.T. Coyne attended the recent Table Top to present our information to local businesses.

CPR Certification Policy Change

Because the training company we use, American Safety and Health Institute, provides a two-year CPR certification, we decided to change the requirement on AED placement locations to only require a full re-certification every two years. We still highly recommend

Current AED Placements

AccounTax CPAs, Main Mall
Animas Dental Associates
Bank of Colorado
Bank of the San Juans (All 3 branches!)
Bar D Chuckwagon (summer only, sponsored by Mountain Bike Specialist)
Bayfield Marshall (2 units)
Bayfield Parks & Rec (sponsored by Pinnacle Surveying)
Bayfield Realty at Vallecito
Bayfield School District 10 JTR (5 units)
BP America (15 units)
Dr. Ronald Caldwell, 2301 W. 2nd Ave
Christ the King Lutheran Church
City of Durango
Mason Center
City Hall
General Services
Rec Center
Chapman Hill
Library
Police Dept.
Colorado Department of Transportation (2 in Durango, 1 in Alamosa)
Colorado Trails Ranch
Country Market at Vallecito
Curves for Women, 489 Florida Rd
Dalton Ranch & Golf Club
Jay Daniel
Dental Associates of the Southwest (Bayfield and Durango)
Durango & Silverton Narrow Gauge
5 trains
Dispatchers Office
Ticket Office
Durango Custom Hats, 563 Main Ave.
Durango Dental Associates, 3235-A Main Ave.
Durango Dental Clinic, 2323 W. 2nd Ave.
Durango Fire & Rescue Authority
Durango Mountain Resort
Purgatory Village Hotel
Cascade Village
Dante's (winter only)
Powder House (winter only)
Security
Ski Patrol (winter only)
Tamarron Lodge
Durango School District 9R (15 units)
Durango Sports Club (2 units)
Durango Urgent Care
First National Bank (all 5 branches, including Wal-Mart!)
First United Methodist Church
Fitness Solutions 24/7
Fort Lewis College
Miller Student Center – main lobby across from Native American Center
Student Life Center – main lobby behind desk
College Union Building – main lobby near information desk
Natatorium – first aid room

an annual review. Heart Safe La Plata has a training CD which we can provide your location if you would like to conduct your own reviews.

If it is time for you to recertify your people, please give J.T. Coyne a call at 769-7473. For 6 or more people, we will even come to your location.

Fort Lewis College (con't)
Whalen Gymnasium – south end near Exercise Science offices
Physical Plant – near Service Center offices
Center of Southwest Studies – main lobby
Community Concert Hall – main lobby
Head Athletic Training Office located in Whalen Gymnasium
Intramural Teams (2 units)
Fort Lewis Police (3 units)
Four Corner's Heart Clinic
Four Corner's Materials
Glacier Club (4 units)
Heartwood Cohousing - Bayfield
Ignacio School District 11 JT (5 units)
La Plata County
County Courthouse
Fairgrounds
Ballfields (summer only)
Exhibit Hall
Extension Offices
Klatt Arena (summer only)
Jail
Old Main Post Office
Road and Bridge
19 Sheriff's Officers
La Plata County Airport (2 units)
La Plata Electric Association (Durango & Pagosa Springs)
La Plata Senior Center, 2424 Main Ave.
Ladies Workout Express, 16 Town Plaza
Dr. Jeff Nelson, 125 CR 250
Dr. Bill Palko-Schraa, 129 E 32nd
Pine River Valley Bank
Red Cedar Gathering (5 units)
Mark Rich
Rocky Mountain General Store at Vallecito
San Juan Public Lands
Bayfield
Durango (2 locations)
Silverton
Silverton Public Schools (2 units, sponsored by Iron Horse Bicycle Classic)
Southern Ute Tribe
Annex Building
Casino (new complex will have 8 AEDs)
Community Center
Growth Fund Building
Head Start/Early Start
Justice and Regulatory Building
Southern Ute Lodge and Casino
Tribal Admin Building
Strater Hotel
Tall Timbers (2 units)
Tech Center Plaza, 10 Burnett Court
The Training Room, 575 River Gate Ln #208
Town of Ignacio
4 Police Units
Town Hall, 540 Goddard
Vista de Oro Homeowners

Heart Safe La Plata

La Plata County EMS Council

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