



Maximizing the Life of the SafeGuard™ Power System

The LIFEPAK CR Plus defibrillators are equipped with the SafeGuard power system. The SafeGuard power system, unique in the industry, is comprised of an internal battery and CHARGE-PAK™ battery charger. The SafeGuard power system offers a dual layer of security as the CHARGE-PAK keeps the robust internal battery at its optimum level.

To properly maintain the readiness of the power system, it is important to make sure that there is no pressure on the On/Off button. Make sure the On/Off button is not pressing against the front of the wall cabinet. This might entail a method to ensure that the device doesn't slip from the original resting position.

To properly maintain the readiness of the power system, do not turn the device on unnecessarily during maintenance procedures. Readiness checks can be performed without turning on the device or opening the lid (i.e., pressing the On/Off button).

- Routinely check to make sure that the OK symbol is visible in the readiness display. The device performs robust self-test diagnostics and will indicate if an issue is detected, but you need to check for the OK regularly!
- Check the Use By date on the electrode packet (visible through the defibrillator lid in the upper right corner) and all the other electrode packets. If the date has passed, replace the electrode packet and the battery charger.

The Peri-shock Pause and the CPR Compression Fraction

The time CPR is stopped while a defibrillator does a rhythm analysis, charges and delivers a shock is known as the *peri-shock pause*. All defibrillators, regardless of manufacturer, work in basically the same manner. Once turned on, they give the user instructions for applying the pads and instructions for analyzing the rhythm. The AED then determines whether the patient has a shockable rhythm. If that is the case, the AED will charge itself and deliver a shock. All of this time results in higher amounts of time while we are **not** doing compressions.

The proportion of time during which compressions are performed during each minute of CPR is call the *compression fraction*. Studies of this factor have concluded that the more time we have our hands on the patient – the higher the compression fraction – the more

people survive and leave the hospital without neurological deficits. Interruptions of CPR for any reason have negative effects on survival rates.

Some AEDs have combined the analysis period with the charging period to minimize the peri-shock pause. Other AEDs allow time for additional CPR after the analysis and before the shock while charging is occurring. The time between stop of CPR and shocks vary by AED on the market:

Philips FRx and OnSite AEDs < 8 seconds

Philips FR2 AEDs < 10 seconds

Zoll AED Plus - 15.6 seconds

Defibtech - 16.9 seconds

Medtronic LP 500 - 17.2 seconds

Medtronic CR Plus - 20.5 seconds

Zoll AED Pro – 23.1 seconds

Medtronic CR Plus Autoschock 26.9 seconds

Cardiac Science G3 – 28.0 seconds

Cardiac Science Autoschock – 31.0 seconds

Heart Safe La Plata is using both kinds of CR+ AEDs and a few LP-500s. Giving the AED-specific delays with which we are dealing, it is imperative that our CPR providers work as efficiently and as long as possible up to analysis and immediately after providing a shock.

Do You Know about Passport?

If you certified through Heart Safe La Plata, your American Safety and Health Institute (ASHI) certification comes with online refresher training. On the back of every certification card is a link to the <http://www.hsi.com> website where you can find a downloadable digital book, LearningLinks online refresher training, and the Passport mobile app. The Passport app loaded on your smart phone can step you through performing CPR if the need ever arises.

Take some time to check out the website and then make sure your people stay current with their CPR training.

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Current AED Placements

AccounTax CPAs, Main Mall
Animas Dental Associates
Animas Urgent Care
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 High Noon Rotary)
Bayfield Realty at Vallecito
Bayfield School District 10 JTR (5 units)
Bayfield Senior Center (sponsored by Pinnacle Surveying)
BP America (15 units)
Dr. Ronald Caldwell
Christ the King Lutheran Church
Citizens State Bank of Ouray, Silverton Branch
City of Durango
Chapman Hill
City Hall
General Services
Library
Mason Center
Police Dept.
Police Officers (13 units)
Rec Center
Transit Center

Colorado Department of Transportation (2 in Durango, 1 in Alamosa)
Colorado Trails Ranch
Country Market at Vallecito
Dalton Ranch & Golf Club
Department of Motor Vehicles (sponsored by DTW Properties)
Dental Associates of the Southwest (Bayfield and Durango)
Digestive Health Associates
Durango & Silverton Narrow Gauge
5 trains
Dispatchers Office
Ticket Office

Durango Adult Education Center (sponsored by High Noon Rotary)
Durango Arts Center (sponsored by Colorado Grand)
Durango Community Shelter (sponsored by the Durango Roller Girls)
Durango Dental Associates, 3235-A Main Ave.
Durango Dental Clinic, 2323 W. 2nd Ave.
Durango Dermatology
Durango Electrical Services Inc.
Durango Fire & Rescue Authority
Durango Herald

Durango Mountain Resort
Purgatory Village Hotel
Cascade Village
Dante's (winter only)
Powder House (winter only)
Security
Ski Patrol (winter only)
Tamarron Lodge

Durango Mountain Master Association/Durango Mountain Club
Durango School District 9R **(16 units)**
Durango Sports Club
Durango Urgent Care
Durango Welcome Center (sponsored by Durango Rotary)
Durango West Metro District II
Falls Creek Ranch Homeowners (2 units)
First Baptist Church
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
College Union Building – main lobby
Natorium – first aid room
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
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)
Health Services Center
Heartwood Cohousing - Bayfield
Ignacio School District 11 JT (6 units)
Junction Creek Family Dentistry
Dr. Preston Knight, 2301 W. 2nd Ave.
La Plata Community Clinic
La Plata County
County Courthouse
Fairgrounds
Ballfields (summer only)
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 +6 units in vehicles)
La Plata Family Medicine
La Plata Senior Center, 2424 Main Ave.
Manna Soup Kitchen (sponsored by the Durango Rotary Club)
Medical Reserve Corp
Mercury Payment Systems (2 units)
Mind & Body Works, 129 E 32nd
Dr. Jeff Nelson, 125 CR 250
Oak Family Dentistry
Our Place at Grandview (sponsored by United Methodist Church)
Pine River Valley Bank
Red Cedar Gathering (6 units)
Rivergate Physical Therapy
Rocky Mountain General Store at Vallecito
San Juan Basin Health Department (sponsored by SW RETAC)
San Juan Public Lands
Bayfield
Durango (2 locations)
Silverton

Southern Ute Tribe
Annex Building
Detention Center (2 units)
Growth Fund Building
Head Start/Early Start
Justice and Regulatory Building
Moache-Capote Building
Multi-Purpose Building & Chapel
Public Health Clinic (4 units)
Public Health Nurses Vehicles (7 units)
Sky Ute Fairgrounds
Southern Ute Lodge and Casino (9 units)
SunUte Community Center (3 units)
Tribal Admin Building (2 units)
Utilities Division Office
Wastewater Management

St. Columba Catholic Church & School **(3 units)**
St. Mark's Episcopal Church
Strater Hotel
Tall Timbers/Soaring America (2 units)
Tech Center Plaza, 10 Burnett Court (sponsored by ENV, LLC)
Three Springs Development
Town of Ignacio
4 Police Units
Town Hall, 540 Goddard
Trimble Spa and Natural Hot Springs
Upper Pine River Fire Protection District (2 units)
Vista de Oro Homeowners

Heart Safe La Plata - www.heartsafelaplata.org

La Plata County EMS Council

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