



Save, Save, and More Saves

It has been an incredible year for the Heart Safe La Plata program. We have recorded **eight cardiac arrest survivals** so far this year. Our program is way ahead of the national average! Our hard work has been aiming for this for 14 years. With the proper CPR training and AEDs in good locations, we are saving lives!

Congratulations to the Durango Community Recreation Center (twice), Durango Sports Center, Strater Hotel, BP, Fort Lewis College, Durango Police Department Officers and the La Plata County Sheriff's Officers.

And to everyone who was willing to use the AED in an attempt to save a life, we thank you. Some of your patients expired at the hospital but we know you did your best to get them there alive.

Exposure to Blood-Borne Pathogens

Blood-borne pathogens are microorganisms that are transmitted through the bloodstream. The viruses that cause Hepatitis B Virus (HBV) and Human Immunodeficiency Virus (HIV) are two examples of blood-borne pathogens. For a blood-borne pathogen to be spread, the bodily fluids of an infected person must enter into the bloodstream of another person. The most common cause of transmission is when an infected person's blood enters another person's bloodstream through an open wound.

When employees are required to be certified in first aid or CPR, the employer should provide education to their employees regarding potential blood-borne pathogen exposures. Heart Safe La Plata offers a two-hour blood-borne pathogens class to help you. Contact Mary Rieke if you would be interested in having a class.

To protect yourself when doing CPR or providing first aid assistance, you should always treat all blood and body fluids as infectious. Wear gloves that are provided with the AED in each of our locations. Glasses or a mask can help protect your face. Be sure to use the pocket mask provided to protect yourself while giving breaths. **It is always better to do *hands only* CPR than risk an exposure if you do not have a CPR mask.**

Despite your best efforts, there is a possibility you may be exposed to blood or body fluids during an emergency response. An exposure incident is defined as a specific eye or open skin contact with potentially infectious materials. Flush the area on your body that was exposed with warm water, then wash with soap and

water. Vigorously scrub all areas. It is the abrasive action of scrubbing that removes contaminants from the skin. Seek emergency medical treatment following an exposure incident.

Sending Your Checklist

By far the best way to send us your monthly checklist is through our website. Bookmark this link <http://www.heartsafelaplata.org/Checklist.htm> to get there quickly.

For those who prefer a direct e-mail, we have defined a new e-mail address of checklist@heartsafelaplata.org which will be forwarded to someone for logging. That way you will not need to change the address when we have new employees.

Poster - Please Post!

Along with this newsletter you are receiving a PDF of an 8½ x 11 inch poster that we would like placed with AEDs that are in cabinets. If you are in charge of one of these AEDS, please print and post this information. It is intended to familiarize people with the AED and, hopefully, obtain phone numbers for more people who work nearby and would be willing to take the AED to a victim when it is needed.

It is particularly important for the schools who will be having "Parents Night" soon. Help us help the next cardiac arrest victim.

Amazon Smile Campaign

Keep those contributions coming! If you have not signed up yet, please go to <http://smile.amazon.com/ch/84-1173418> to log in and connect your Amazon.com account to the La Plata County Emergency Medical Services Council. Then start all your Amazon shopping at <http://smile.amazon.com>

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Program Coordinator

Mary Rieke 799-3260
scan this to access HeartSafelaPlata.org



Current AED Placements

Animas Dental Associates
Animas High School
Animas La Plata (2 units)
Animas Urgent Care
Axis Health Systems (3 units)
Bank of Colorado
Bank of the San Juans (All 3 branches!)
Bar D Chuckwagon (summer only, sponsored by Mountain Bike Specialist)
Bayfield Marshall (9 units)
Bayfield Parks & Rec (sponsored by High Noon Rotary)
Bayfield School District 10 JTR (7 units)
Bayfield Senior Center (sponsored by Pinnacle Surveying)
Boys & Girls Club (2 units)
BP America (7 units)
Cascade Condominiums
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
Riverview Sports Complex
School Resourcer officers (4 units)
Transit Center
Colorado Trails Ranch
Colvig Silver Camps
The Commons (sponsored by High Noon Rotary)
Country Market at Vallecito
Crossfire, LLC
Crossroads Building
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
Museum
Ticket Office
Durango Arts Center (sponsored by Colorado Grand)
Durango Central Dispatch
Durango Chamber of Commerce, Santa Rita
Durango Community Shelter (sponsored by the Durango Roller Girls)
Durango Dental Associates
Durango Dental Clinic
Durango Dermatology
Durango Dharma Center
Durango Electrical Services Inc.
Durango Elks Lodge
Durango Fire & Rescue Authority (2 units)
Durango Herald
Durango Masonic Temple Assoc.
Durango Mountain Resort
Purgatory Village Hotel
Dante's (winter only)

Security
Ski Patrol (winter only)
Tamarron Lodge
Durango Mountain Master Association/Durango Mountain Club
Durango School District 9R (18 units)
Durango Sports Club
Durango Urgent Care
Durango Welcome Center (sponsored by Durango Rotary)
Durango West Metro District II
Falls Creek Ranch Homeowners (3 units)
First Baptist Church
First National Bank (all 5 branches, including Wal-Mart!)
First United Methodist Church
Fitness Solutions 24/7
Florida Grange
Fort Lewis College (22 units)
Aquatic Center
Art Hall
Athletic Training Office located in Whalen Berndt Hall (2 units)
Campbell Childcare Center
Chemistry Hall
Center of Southwest Studies – main lobby
College Union Building – main lobby
Community Concert Hall – main lobby
Education Business Hall
Intramural Teams (2 units)
Jones Hall
Library
Miller Student Center – main lobby across from Native American Center
Natorium – first aid room
Noble Hall
Old Fort
Physical Plant – near Service Center offices
Sitter Hall
Skyhawk Hall
Student Life Center – main lobby
Theater
Whalen Gymnasium – south end near Exercise Science offices
Fort Lewis Police (5 units)
Four Corners Back Country Horsemen
Four Corner's Materials (3 units)
Glacier Club (4 units)
Heartwood Cohousing - Bayfield
Ignacio School District 11 JT (6 units)
Resource Officer
Junction Creek Family Dentistry
Kendall Mountain Lodge (winter only)
Dr. Preston Knight, 2301 W. 2nd Ave.
La Plata County
Administration Building
Fairgrounds
Ballfields (summer only)
Exhibit Hall
Extension Offices
Klatt Arena (summer only)
Jail
Old Main Post Office
Road and Bridge
Sheriff's Officers (21 units)
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.
Main Mall
Manna Soup Kitchen (sponsored by the Durango Rotary Club)
Medical Reserve Corp
Mercy Family Medicine
Mercy Medical Office Building (4 units)
Oak Family Dentistry
Our Place at Grandview (sponsored by United Methodist Church)
Red Cedar Gathering (6 units)
Rivergate Physical Therapy
Rocky Mountain General Store at Vallecito
Rusty Shovel at Vallecito
San Juan Basin Health Department (sponsored by SW RETAC)
San Juan Public Lands
Bayfield
Durango (2 locations)
Silverton
Silverton/San Juan County Sheriff, 4 deputies
Silverton EMS (10 units)
Southern Ute Tribe
Annex Building
Construction Services Department
Custodial Services
Dental Clinic
Detention Center (2 units)
Education Department
Environmental Projects Division
Growth Fund @ Three Springs
Growth Fund Building
Head Start/Early Start
Justice and Regulatory Building
Lake Capote
Moache-Capote Building
Montessori School
Multi-Purpose Building & Chapel
Police (6 units)
Property and Facilities Building
Public Health Clinic (4 units)
Public Health Nurses Vehicles (7 units)
Rangers (6 units)
Red Willow Production Building
Sky Ute Fairgrounds
Southern Ute Lodge and Casino (9 units)
SunUte Community Center (3 units)
Tribal Admin Building (2 units)
Tribal Court
Utilities Division Office (2 units)
Wastewater Management
St. Columba Catholic Church & School (3 units)
St. Mark's Episcopal Church
Strater Hotel
Sunshine Gardens
Three Springs Development
Town of Ignacio
Police (5 units)
Town Hall, 540 Goddard
Trimble Spa and Natural Hot Springs
Twin Buttes Dental
Unitarian Universalist Fellowship of Durango
Upper Pine River Fire Protection District (2 units)
Vantiv -Mercury Payment Systems (2 units)
Vista de Oro Homeowners

Heart Safe La Plata - www.heartsafelaplata.org La Plata County EMS Council

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