

AED AWARENESS AND SPORTS SAFETY

EACH YEAR APPROXIMATELY 23,000 YOUTH SUFFER FROM SUDDEN CARDIAC ARREST. ACCORDING TO PARENT HEART WATCH, SUDDEN CARDIAC ARREST IS THE LEADING CAUSE OF DEATH AMONG STUDENT-ATHLETES. WHEN SOMEONE SUFFERS SUDDEN CARDIAC ARREST, IMMEDIATE CPR AND THE QUICK USE OF AN AED CAN DOUBLE OR TRIPLE THE PERSON'S CHANCES OF SURVIVAL.



WHEN YOU STEP ONTO YOUR LOCAL TOWN'S SPORTS FIELDS TO WATCH YOUR CHILD'S SOCCER GAME OR JOIN IN A COMMUNITY EVENT, YOUR MIND IS PROBABLY FOCUSED ON CHEERING, HAVING FUN, AND ENJOYING THE GAME. HOWEVER, IT'S ALSO ESSENTIAL TO BE AWARE OF SOMETHING THAT COULD MAKE A CRITICAL DIFFERENCE IN SOMEONE'S LIFE: **AUTOMATED EXTERNAL DEFIBRILLATORS (AEDS)**.

WHAT IS AN AED?

AN AUTOMATED EXTERNAL DEFIBRILLATOR, OR AED, IS A PORTABLE DEVICE THAT CAN BE A LIFESAVER IN THE EVENT OF SUDDEN CARDIAC ARREST (SCA). SCA CAN HAPPEN TO ANYONE, EVEN YOUNG AND SEEMINGLY HEALTHY INDIVIDUALS, INCLUDING ATHLETES. DURING SCA, THE HEART SUDDENLY STOPS BEATING EFFECTIVELY, AND IMMEDIATE INTERVENTION IS REQUIRED TO RESTORE ITS NORMAL RHYTHM.

WHY AEDS MATTER AT TOWN FIELDS:

RAPID RESPONSE SAVES LIVES: SCA IS TIME-SENSITIVE, AND EVERY MINUTE WITHOUT TREATMENT REDUCES THE CHANCES OF SURVIVAL. HAVING AN AED NEARBY CAN SIGNIFICANTLY IMPROVE THE ODDS.

EASY TO USE: AEDS ARE DESIGNED TO BE USER-FRIENDLY, WITH CLEAR INSTRUCTIONS. EVEN IF YOU'RE NOT A MEDICAL PROFESSIONAL, YOU CAN USE AN AED TO DELIVER A LIFESAVING SHOCK TO SOMEONE IN DISTRESS.

CRITICAL COMPLEMENT TO CPR: WHILE CARDIOPULMONARY RESUSCITATION (CPR) IS ESSENTIAL, AEDS ARE THE ONLY EFFECTIVE WAY TO RESTORE A NORMAL HEART RHYTHM DURING SCA. COMBINING CPR AND AED USE CAN GREATLY INCREASE THE CHANCES OF SURVIVAL.



STAY INFORMED!



KEY QUESTIONS TO ASK:

DO YOU KNOW WHERE THE AED IS? IT'S CRUCIAL TO BE AWARE OF THE LOCATION OF THE NEAREST AED AT THE TOWN FIELDS YOU FREQUENT. ASK EVENT ORGANIZERS OR CHECK FOR VISIBLE SIGNS INDICATING AED PLACEMENT.

DO YOU KNOW HOW TO USE IT? FAMILIARIZE YOURSELF WITH THE AED'S LOCATION, AND IF YOU'RE UNSURE HOW TO USE IT, CONSIDER TAKING A BASIC CPR/AED TRAINING COURSE. KNOWING HOW TO OPERATE AN AED CAN MAKE A SUBSTANTIAL DIFFERENCE IN AN EMERGENCY.

IS THERE NO AED NEARBY? IN SOME CASES, THERE MIGHT NOT BE AN AED ON-SITE. IN SUCH INSTANCES, IT'S ESSENTIAL TO BE AWARE OF THE CLOSEST AED LOCATION, WHICH COULD BE AT A NEARBY BUILDING OR FACILITY. ENSURE YOU KNOW THE QUICKEST ROUTE TO ACCESS IT.



AED AWARENESS IS COMMUNITY RESPONSIBILITY:

AEDS ARE NOT JUST DEVICES; THEY ARE LIFESAVERS. IN THE EVENT OF AN SCA, MINUTES MATTER, AND KNOWING WHERE AN AED IS LOCATED AND HOW TO USE IT CAN BE THE DIFFERENCE BETWEEN LIFE AND DEATH. IT'S NOT JUST THE RESPONSIBILITY OF EVENT ORGANIZERS OR MEDICAL PROFESSIONALS; IT'S A COMMUNITY RESPONSIBILITY.

SO, THE NEXT TIME YOU'RE AT THE TOWN FIELDS, TAKE A MOMENT TO LOOK AROUND, ASK QUESTIONS, AND BE PREPARED. YOUR AWARENESS AND KNOWLEDGE COULD BE THE CRUCIAL LINK IN SAVING A LIFE WHEN EVERY SECOND COUNTS. TOGETHER, WE CAN CREATE A SAFER AND MORE PREPARED COMMUNITY FOR EVERYONE WHO ENJOYS SPORTS AND EVENTS AT OUR LOCAL FIELDS.

FOR MORE INFORMATION ON AED, PLEASE VISIT:

[HTTPS://WWW.REDCROSS.ORG/TAKE-A-CLASS/AED/USING-AN-AED/WHAT-IS-AED](https://www.redcross.org/take-a-class/aed/using-an-aed/what-is-aed)



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