

SHOCKINGLY SIMPLE

— ECG — RESTART A HEART — ECG —



AED: Now you have it... what do you do?

1. Register

It's important to register your AED so local 911 operators can locate it during an emergency. After all, AEDs don't work if we can't find them! Just follow this link to the easy registration form: www.kingcounty.gov/aed. If you have any questions, please contact the King County AED Program Coordinator at 206-296-4693.

2. Schedule a training

It's important for people in your office to feel comfortable using the AED and training is the best way to prepare. AED training is widely available in King County. Just follow the link to the King County AED Resource page to find additional information on training resources and requirements. www.kingcounty.gov/aed. The Seattle Fire Department offers group training through its Medic II Training program. You can find more details on that at the following link: seattle.gov/fire/medics/medictwo.htm.

3. Find a location for your AED

It's important to place the AED in a location that is visible and easy to access. Many organizations place AEDs in main reception or lobby areas, in main hallways and near elevators. If you need help selecting a location for an AED, please contact the King County AED Program Manager at 206-296-4693, to arrange a site visit.

4. Educate your employees

Make sure you spread the word about the new AED. Here are a few easy ways to do that:

- Discuss the new AED and its importance at a staff meeting
- Circulate an email about the new AED, where it is located and how employees can obtain training.
- Send out a newsletter using our template to educate your employees on Sudden Cardiac Arrest (SCA), and the benefit of having an AED in the workplace or community.

5. Alert your employees/building

Circulate a notice to building tenants about your AED. Motivate others to purchase and register an AED. Please see our sample emails in the "Communication Templates" section of the Shockingly Simple toolkit.

6. Support the Shockingly Simple Campaign

Become a Sound Heart Hero by spreading the word about the Shockingly Simple campaign (www.kingcounty.gov/aed). Help educate others about life-saving AEDs, by sharing the Shockingly Simple campaign details online and share with your social networks:

- Sample Tweet:** SCA kills more than 300,000 Americans a year. Read more about the Shockingly Simple Campaign to save lives with an #AED. [link to campaign page]
- Sample Tweet:** Cardiac Arrest victims have a 70- 80% chance of survival if an #AED is used in minutes. Does your business have one? [link to campaign page]