



## AED – Automated Emergency Defibrillators

Sudden cardiac arrest is one of the leading causes of death in the United States. Over 350,000 people will suffer from sudden cardiac arrest this year. It can happen to anyone, anytime, anywhere and at any age. An Automated Emergency Defibrillator (AED) is the only effective treatment for restoring a regular heart rhythm during sudden cardiac arrest and is an easy to operate tool for someone with no medical background.

Currently, there are more than 170 AEDs located in buildings throughout the University campus. In order to ensure that the AEDs will function properly when needed by someone suffering from sudden cardiac arrest, the AEDs need to be inspected and maintained as well as people need to be trained in their proper use.

**Each building or facility with an AED available has been assigned an AED Site Coordinator.** The AED Site Coordinator is responsible for the monthly inspection of their AEDs. The monthly inspection of the AEDs is required by the California Code of Regulations Title 22. The AED Site Coordinator is also responsible for updating the Stanford University AED Tracker System ([aedtracker.stanford.edu](http://aedtracker.stanford.edu)) with information related to the maintenance of their AEDs which includes the dates for the replacement of the batteries and patient pads.

AED Site Coordinators and everyone can receive training in CPR and use of AEDs. CPR/AED Training is available through STARS. The more people who are trained in CPR and the use of AEDs dramatically increases the survivability of persons stricken with Sudden Cardiac Arrest.

With the average response time of 8-12 minutes for the fire department to arrive at the scene of someone suffering from cardiac and understanding that for every one minute of delay in the use of an AED the survivability is reduced by 10%, it is critical to the chain of survival that CPR and the use of an AED is initiated as quickly as possible. This is why it is important to train as many people as possible on the proper use of AED's.

Take the time to get certified in CPR and the use of an AED. It is easy to get the training through STARS.

For more information on AEDs and CPR visit the American Red Cross website at [www.redcross.org](http://www.redcross.org) or the American Heart Association at [www.heart.org](http://www.heart.org). The AED Program is administered through Stanford University Fire Marshal's Office (SUFMO), Division of Environmental Health & Safety Office. **For more information on the Stanford AED Program contact Martin Von Raesfeld, Stanford AED Program Coordinator ([mvonraesfeld@stanford.edu](mailto:mvonraesfeld@stanford.edu)).**