**Adult CPR/ AED (Automatic External Defibrillator) Training**

Please be advised that if you are a Building Captain and/or are an employee who has been assigned the responsibility of performing daily checks on the AED Unit within your area, then you should register to attend for this very important class. According to American Red Cross, anyone who has not completed and passed a CPR/AED training class cannot perform daily checks on the AED units, and should not use an AED unit on someone in need.

If you have any questions, please contact Valerie Wagner via email or at extension 3156.

**TAKE HEART! AEDs are here!**

Sudden cardiac arrest (SCA) claims the lives of close to 450,000 Americans each year. 95% of these victims die of ventricular fibrillation. Defibrillation can reverse SCA if it is delivered within a 10-minute window. The American Heart Association (AHA) adopted the four link chain of survival: (1) early access – 911, (2) early CPR, (3) early defibrillation (within the first 10 minutes), and (4) advanced cardiac life support. According to the AHA, for every minute that an SCA patient goes without defibrillation, the chance of survival drops by 10%. For anyone who has dialed 911 to request help in a medical emergency, it may have seemed like an eternity until help arrived. Yet, at ECC, average length of time – from receipt of call until paramedics in an advanced support (ALS) ambulance arrive – is only 5 minutes.

By placing AEDs out in our campus community, it is hoped that this “downtime” from call to electrical shock can be reduced, thus improving the chances of survival for the patient. We are asking that you join the ECC Police Department and Heath Science and Athletic Division in our efforts to continue offering the “gift of life” by attending this valuable life-saving training and becoming familiar with our AED Program and help us “electrify” El Camino College!

This class is also for anyone who attended training last year and would like to be recertified. Recertification without film review is approximately 2 hours.

**Flex Credit:** 4.0 hours

**When:** Thursday, February 12, 2009

8:00 am - 12:00 pm

or

10:30 am - 2:30 pm

**Where:** Physical Education Building Room 204 (2nd Floor Women’s Locker Bldg)

You may register for these classes by clicking [Register Online](#) or by phone at 3872. If you register by phone please be sure to indicate the name of the class, date and time preference.

Your registration will be confirmed by email.