



When Dispatch Calls

If the Durango 911 Center calls your AED site, **whoever answers the phone** should know what to do to get your AED to the location dispatch provides. If you are not trained in CPR/AED, you should still take the AED to the scene because there may be someone else there who knows how to use it.

If you are trained in CPR/AED, take your AED-with accessory kit attached-to the scene and follow these steps:

1. Assess the patient.
2. Attach the AED (if signs and symptoms suggest cardiac arrest).
3. Follow the voice prompts of the AED.

Knowing what to do when dispatch calls could save a life. Please be ready.

Heart Safe La Plata CPR Instructors will be visiting each of our sites in August to make sure you are ready to respond.

CPR Anytime Program

Heart Safe La Plata introduces **CPR Anytime**. This is a self-directed learning program that effectively teaches the core skills of CPR and provides AED information in less than 22 minutes. The program instructs the user in a research proven practice-while-watching format allowing maximum hands-on practice time. As a take-home kit, **CPR Anytime** can be shared with family and friends so that lifesaving CPR skills can be passed on. The cost is only \$40.00 for the kit, which includes a instructional CPR Skills & Practice DVD, Mini-Anne manikin, Adult CPR and AED instruction card, spare manikin airway, choking and Child CPR instruction cards. English and Spanish versions are included.

This home study version is perfect for those who want to know CPR but do not require a CPR certification card for employment. Almost 80% of out-of-hospital cardiac arrests occur at home and are witnessed by a family member.

Heart Safe La Plata personnel are also available to serve as facilitators during a **CPR Anytime** training session for your group. Civic groups, workgroups, youth groups, and school groups are invited to contact us about having a presentation. **CPR Anytime** is a tool that can help increase survival rates in our community. Help us spread the word. For additional information please call J. T. Coyne 769-7473.

Colorado Grand Grant

In January, Heart Safe La Plata was the recipient of a \$500 grant from the Colorado Grand. This group tours the country with their vintage cars awarding charities in the communities they visit with grant funds. The Colorado Grand grant money has been used to fund the placement of an AED in the downtown business district.



After conferring with Bob Kunkel, the Durango Arts Center was selected to receive the placement. Sherri Rochford, Durango Arts Center Director, accepted the AED along

with the responsibility of responding to cardiac emergencies in their building and nearby locations.

Welcome - Durango Police Department

In order to provide additional life safety for our citizens and guests, the Durango Police Department has partnered with Heart Safe La Plata and placed thirteen AEDs in on-duty patrol officers' vehicles. All active patrol vehicles are now carrying AEDs.

Heart Safe La Plata has provided initial training for 45 Police officers and staff.

How Are PAD Programs Doing?

In one study of Public Access Defibrillation programs, five years after AED placement the sites demonstrated poor maintenance, only fair upkeep on training, and only marginal use of the AED when needed. Heart Safe La Plata works very hard to make sure our AEDs are checked for proper maintenance. If you have not checked your AED lately, please do it today. We need every AED to be ready for use in the event of an emergency.

We also need the people to be ready. Each of our sites signed an agreement to keep people trained in CPR and AED use. If you need to review your training records, give Barbara Lawson a call at 884-2406. We have a number of options for training including on-site classes, monthly community classes, computer-aided reviews, and a self-study training DVD. To schedule training, contact J.T. Coyne at 769-7473. He would be happy to discuss the options with you.

Board Members

Mark Rich, President 375-0806
Amy Knight, Vice-President 749-3239

Current AED Placements

AccountTax CPAs, Main Mall
Animas Dental Associates
Bank of Colorado
Bank of the San Juans (All 3 branches!)
Bar D Chuckwagon (summer only, sponsored by Mountain Bike Specialist)
Bayfield Marshall (2 units)
Bayfield Parks & Rec (sponsored by High Noon Rotary)
Bayfield Realty at Vallecito
Bayfield School District 10 JTR (5 units)
Bayfield Senior Center (sponsored by Pinnacle Surveying)
BP America (15 units)
Dr. Ronald Caldwell (2 units)
Christ the King Lutheran Church
City of Durango
 Chapman Hill
 City Hall
 General Services
 Library
 Mason Center
 Police Dept.
 Rec Center
 Transit Center
City of Durango Police Department (13 officers)
Colorado Department of Transportation (2 in Durango, 1 in Alamosa)
Colorado Trails Ranch
Country Market at Vallecito
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
 Ticket Office
Durango Adult Education Center (sponsored by High Noon Rotary)
Durango Arts Center (sponsored by Colorado Grand)
Durango Dental Associates, 3235-A Main Ave.
Durango Dental Clinic, 2323 W. 2nd Ave.
Durango Fire & Rescue Authority
Durango Herald
Durango Mountain Resort
 Purgatory Village Hotel
 Cascade Village
 Dante's (winter only)
 Powder House (winter only)
 Security
 Ski Patrol (winter only)
 Tamarron Lodge
Durango Mountain Master Association/Durango Mountain Club
Durango School District 9R (15 units)
Durango Sports Club (2 units)
Durango Urgent Care
First National Bank (all 5 branches, including Wal-Mart!)
First United Methodist Church
Fitness Solutions 24/7
Fort Lewis College
 Miller Student Center – main lobby across from Native American
 Center
 Student Life Center – main lobby behind desk
 College Union Building – main lobby near information desk
 Natatorium – first aid room

Scott Sholes, Treasurer 382-6039
Barbara Lawson, Secretary 884-2406
Patty Egger, Member-at-Large 382-6031

Fort Lewis College (con't)
 Whalen Gymnasium – south end near Exercise Science offices
 Physical Plant – near Service Center offices
 Center of Southwest Studies – main lobby
 Community Concert Hall – main lobby
 Head Athletic Training Office located in Whalen Gymnasium
 Intramural Teams (2 units)
Fort Lewis Police (3 units)
Four Corner's Heart Clinic
Four Corner's Materials
Glacier Club (4 units)
Heartwood Cohousing - Bayfield
Ignacio School District 11 JT (5 units)
La Plata County
 County Courthouse
 Fairgrounds
 Ballfields (summer only)
 Extension Offices
 Klatt Arena (summer only)
 Jail
 Old Main Post Office
 Road and Bridge
 19 Sheriff's Officers
La Plata County Airport (2 units)
La Plata Electric Association (Durango & Pagosa Springs)
La Plata Family Medicine
La Plata Senior Center, 2424 Main Ave.
Ladies Workout Express, 16 Town Plaza
Medical Reserve Corp
Mind & Body Works, 129 E 32nd
Dr. Jeff Nelson, 125 CR 250
Pine River Valley Bank
Red Cedar Gathering (5 units)
Rivergate Physical Therapy
Mark Rich
Rocky Mountain General Store at Vallecito
San Juan Public Lands
 Bayfield
 Durango (2 locations)
 Silverton
Silverton Public Schools (2 units, sponsored by Iron Horse Bicycle Classic)
Southern Ute Tribe
 Annex Building
 Casino (new complex will have 8 AEDs)
 Community Center
 Growth Fund Building
 Head Start/Early Start
 Justice and Regulatory Building
 Public Health Clinic (6 units)
 Southern Ute Lodge and Casino
 Tribal Admin Building (2 units)
St. Columba Catholic Church & School (2 units)
St. Mark's Episcopal Church
Strater Hotel
Tall Timbers (2 units)
Tech Center Plaza, 10 Burnett Court
Three Springs Development
Town of Ignacio
 4 Police Units
 Town Hall, 540 Goddard
Upper Pine River Fire Protection District (2 units)
Vista de Oro Homeowners

Heart Safe La Plata - www.heartsafelaplata.org

La Plata County EMS Council

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