

## **FCR Volunteer Emergency CPR Responder Group**

**A CPR Responder Group** has also been established by FCR volunteers. Over forty residents have successfully completed certification in Cardio-Pulmonary Resuscitation (CPR). Additionally, in 2013, six residents also completed an Emergency Medical Responder Course. Many of these residents have volunteered to participate as members of FCR's internal **CPR Responder Group**. Efforts are made to arrange CPR classes each year for those wishing to re-certify or take the class for their first time. Classes are typically held during the summer season.

**Automatic External Defibrillators (AEDs)**, through generous donations of FCR residents to help cover the cost, have been installed at the following locations:

- 1.) **Water Treatment building** at intersection of Oakcrest Drive and Falls Creek Main - east facing exterior wall
- 2.) **Water Treatment building** east of the intersection of Snowshoe Lane and Falls Creek Main, on south side of the road.
- 3.) **Fire Station** - East facing front exterior wall.

The AEDs are highly visible, mounted in weather proof and temperature controlled boxes. "AED" signs have been posted to help locate the AEDs. FCR volunteers "monitor" these sites and the condition of the AEDs, which is reported to Heart Safe La Plata\* (HSLP) monthly.

**About Heart Safe La Plata** – HSLP was started in 2003 by four local EMTs who recognized that our rural area would benefit from the placement of AEDs in places where many people congregate. Their goal was to develop a system to ensure that a defibrillator reaches a victim of sudden cardiac arrest within minutes of collapse. Their strategy for completion of that goal was to develop a network of businesses and community meeting places where the AEDs are placed and the personnel who work in those businesses are trained to quickly intervene in case a cardiac arrest occurs in or near their business. They set a goal of ensuring business commitment by requiring a partial donation to cover one-half the cost of each AED placement (referred to as their buy-in funding). With the aid of a Health and Human Resources Administration grant, they have placed over 300 AEDs throughout La Plata County in government buildings, retail shops, schools, Libraries, Doctor's/Dentist's offices, churches, schools, Indian casinos, and law enforcement vehicles and in October of 2010, their first in a residential sub-division, that being Falls Creek Ranch.

In addition to the CPR Responder Group, FCR BOD has provided a dedicated EMERGENCY cell phone to facilitate an internal dispatch mechanism. The phone is carried 24/7 by a resident volunteer. The phone has a "Group Feature" that allows all CPR Responder's names and their cell phone numbers to be entered into the phone's "contacts" under "Groups" as "CPR Group". Upon receiving a call from a resident that there is believed to be a cardiac incident and/or other injury or illness at an address here on the Ranch, they will first confirm that 911 has been called; and then take pertinent information re: location. The phone volunteer then composes and sends a text of the specific address or location and nature of the incident. The text goes simultaneously to all in the CPR Responder Group. Available individuals will pick up the AED(s) and go to the location indicated in the text and proceed with assessment of the scene as per their training. They will commence with chest compressions if appropriate, placement of the AED pads and defibrillation if and when the AED audible "prompts" direct them to do so.

Resident volunteers share this responsibility for carrying the dedicated cell phone on a 24/7 basis. Additionally, they share responsibility for monitoring the functionality, integrity and expiration dates of the AEDs/ batteries and supplies and reporting this monthly to HSLP.

Members of the CPR Responder Group commit to maintaining their knowledge through attendance at a one hour refresher course annually and completion of a CPR/AED Certification Renewal course every 2 years.

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