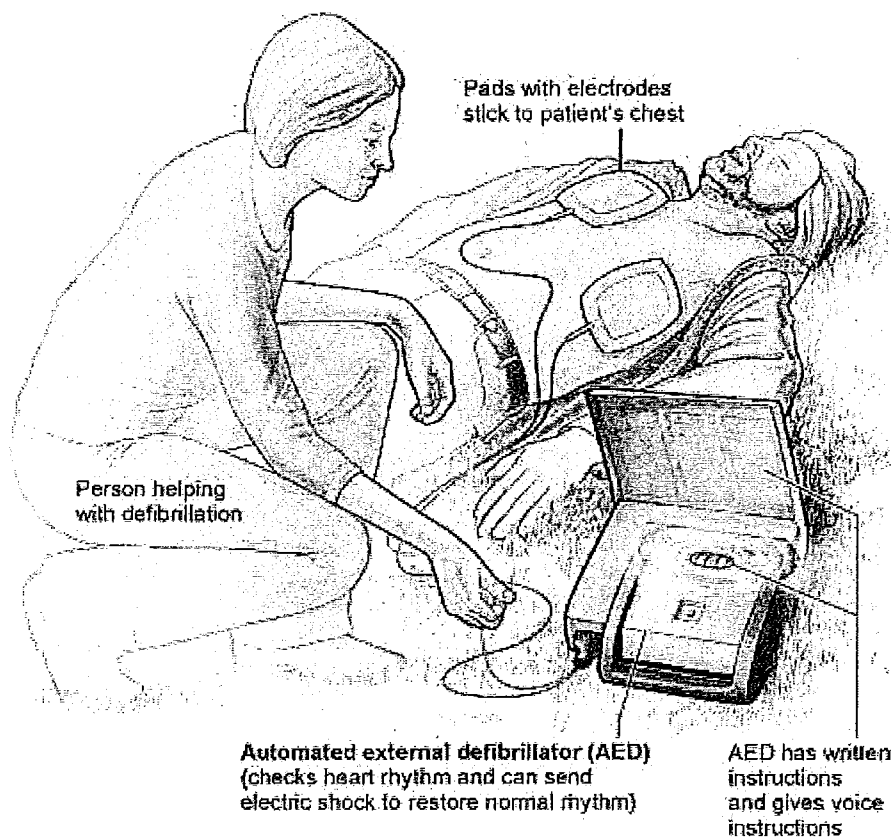


AED Awareness Training



The image shows a typical setup using an automated external defibrillator (AED). The AED has step-by-step instructions and voice prompts that enable an untrained bystander to correctly use the machine.

Make sure the sticky pads have good connection with the skin. If the connection isn't good, the machine may repeat the phrase "check electrodes."

If the person has a lot of chest hair, you may have to trim it. (AEDs usually come with a kit that includes scissors and/or a razor.) If the person is wearing a medication patch that's in the way, remove it and clean the medicine from the skin before applying the sticky pads.

Check the person for implanted medical devices, such as a pacemaker or implantable. (The outline of these devices is visible under the skin on the chest or abdomen, and the person may be wearing a medical alert bracelet.) Also check for body piercings.

Move the defibrillator pads at least 1 inch away from implanted devices or piercings so the electric current can flow freely between the pads.

Check that the wires from the electrodes are connected to the AED. Make sure no one is touching the person, and then press the AED's "analyze" button. Stay clear while the machine checks the person's heart rhythm.

If a shock is needed, the AED will let you know when to deliver it. Stand clear of the person and make sure others are clear before you push the AED's "shock" button.

Start or resume CPR until emergency medical help arrives or until the person begins to move. Stay with the person until medical help arrives, and report all of the information you know about what has happened.

Remember To:

- Check for puddles or water near the person who is unconscious. Move him or her to a dry area, and stay away from wetness when delivering shocks (water conducts electricity).
- Remove metal necklaces and underwire bras. The metal may conduct electricity and cause burns. You can cut the center of the bra and pull it away from the skin.

AED Precautions

- Do **Not** touch the victim while defibrillating. You or someone else could get shocked.
- Do **Not** use alcohol to wipe the victim's chest dry. Alcohol is flammable.
- Do **Not** use an AED in a moving vehicle. Movement may affect the analysis.
- Do **Not** use an AED on a victim lying on a conductive surface. Conductive surfaces, such as sheet metal or metal bleachers, may transfer the shock to others.
- Do **Not** use an AED on a victim who has a nitroglycerine or other patch. Remove any patches from the chest before attaching the device.
- Do **Not** touch the victim while the AED is analyzing. Touching or moving the victim may affect the analysis.
- Do **Not** use a cellular phone or radio within 6 feet of the AED. This may interrupt analysis.

FAQ—Using an AED

Q. If the location of the pads on the chest is reversed, will the AED still work?

A. Yes, if the placement of the pads is reversed, the AED will still work.

Q. Should the pads be removed when the AED prompts "No shock advised, continue CPR?"

A. No, the pads should not be removed. It is possible that the AED will tell you that additional shocks are needed.

Q. Are there any special considerations when placing electrode pads on a female victim?

A. If the victim is wearing a bra, remove it before placing the electrode pads. Place one electrode pad on the victim's upper right chest and one on the lower left side under the victim's left breast.

Q. Do AEDs need regular maintenance?

A. Yes, all AEDs need to be maintained on a regular basis. Maintenance includes checking and changing batteries and electrode cables and pads. Always follow manufacturer's instructions for maintenance of the AED at your worksite.

Q. Can AEDs be used safely in the rain and snow?

A. Yes, it is safe to use AEDs in all weather conditions. However, if at all possible, move to shelter to keep the victim protected from inclement weather. If the victim is lying in water, move him or her to a relatively dry area before using the AED. In wet weather, be sure to wipe the victim's chest dry before placing the electrode pads.

Q. Should an AED be used on a young child or infant?

A. No. Use of an AED is not recommended for an infant or child younger than 8 years old or under 55 pounds. For an infant or child younger than 8 years old or under 55 pounds, initial priority of care is CPR.

Q. Can I defibrillate a pregnant victim?

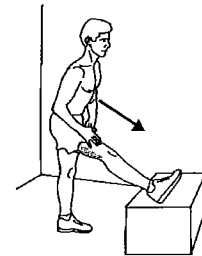
A. Yes. Defibrillation shocks transfer no significant electrical current to the fetus. Local protocols/medical direction should be followed.

Worksite Dynamic Energizing Routine: 10-15 Minutes

1. Deep, Long Breaths: 3x



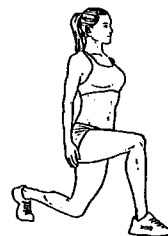
2. Touch the sky: 3x - Hold each for a 10 second count



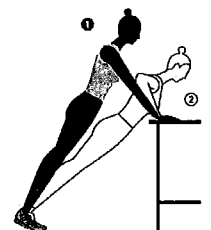
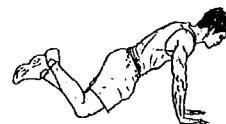
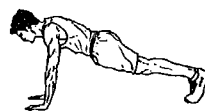
3. Hamstring Stretch: 3x - Hold each for a 10 second count



4. Standing Knee Hugs: 3x - Hold each for a 10 second count



5. Slow Deep Lunge: 5x - each leg



6. Push-Ups: 2x – 10 repetitions



Stress Reduction & Management

What are the current "*High Stressors*" in your life?

- 1.
- 2.
- 3.

Why do they stress you out?

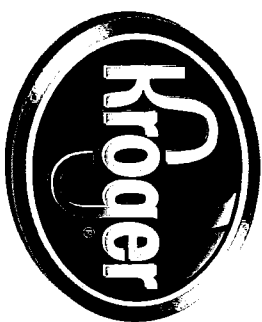
- 1.
- 2.
- 3.

How do you cope with those stressors?

- 1.
- 2.
- 3.

What is a good technique to relieve those stressors?

- 1.
- 2.
- 3.



City of Columbus

Employees:

Present this postcard
and your UnitedHealthcare ID
to get your free flu shot at Kroger

**UHC covered employees and
their covered dependents over 18
are invited to get a free seasonal flu shot
at their local Kroger pharmacy
between September 15, 2015
and January 31, 2016*
While Supplies Last**

Sponsored by UnitedHealthcare

Instructions for Pharmacy: Confirm patient is a covered employee or dependent via United Healthcare insurance card with Group #706539 or 713005. Attach this voucher to the consent form. Bill the claim to: Third Party Plan Name: CITY OF COLUMBUS FLU SHOTS. (BIN: 01 1776 PCN: SBILL016) Co-Pay: \$0. Deactivate this plan for the patient once the claim has been billed.

Flu shots also available at the following employee health screening events

- Sept. 22: 7:15 am-10:30 am • 910 Dublin Rd.
- Sept. 23: 8:00 am-11:00 am • 240 Parsons Ave
- Sept. 24: 8:00 am-11:00 am • 77 N. Front St. (downtown)
- Sept. 28: 2:00 pm-4:00 pm • 757 Carolyn Ave.
- Sept. 29: 11:00 am-1:00 pm • 174 E. Long St. (COAAA, flu shots only)
- Sept. 30: 6:30 am-9:30 am • 3500 Indianola Ave.
- Sept. 30: 12:00 pm-4:00 pm • 1250 Fairwood Ave.
- Oct. 1: 1:30 pm-4:00 pm • 4211 Groves Rd.
- Oct. 5: 8:30 am-11:00 am • 1111 E. Broad St.
- Oct. 6: 8:00 am-12:00 pm • 240 Parsons Ave.
- Oct. 7: 7:15 am-10:30 am • 1881 E. 25th Ave.
- Oct. 7: 12:00 pm-2:30 pm • 373 S. High St., Lobby
- Oct. 8: 8:00 am-10:30 am • 3639 Parsons Ave.
- Oct. 13: 3:00 pm-5:00 pm • 120 Marconi Ave. (downtown)

Visit www.columbus.gov/healthycolumbus for more details
and a complete list of the 20+ onsite flu shot clinics.



UnitedHealthcare® healthy COLUMBUS

CITY OF COLUMBUS PATIENTS PROGRAM

THE CITY OF
COLUMBUS
MICHAEL S. COLEMAN, MAYOR
DEPARTMENT OF
HUMAN RESOURCES



Like us from your phone or home computer!
[facebook.com/HealthyColumbusEmployeeWellness](https://www.facebook.com/HealthyColumbusEmployeeWellness)

* You must present this card and your UHC ID to get a flu shot. This card can be reused for each family member. To receive a flu shot, you must: not be on an antibiotic, not be suffering from an active infection, not have any allergy to eggs, and not have an allergy to Thimerosal, Gentamicin or other Amino glycosides.