

### **Save a life: AED and CPR videos**

Time counts when someone is in cardiac arrest. Using an Automated External Defibrillator (AED) right away can save a life. Copperleaf has five AEDs on our grounds. They are located in the breezeway next to the Pro Shop, outside the restrooms at holes 4 and 14, on Copperleaf Blvd near Caraway Lakes where the golf cart path exits after hole 1 and next to the Sago Pointe sign between Sago Pointe and the cart path. The AED talks you through the process should you need to use one. This video produced by the manufacturer of our AEDs demonstrates how to use our AEDs <http://www.youtube.com/watch?v=3hYgK7azD3U>. The razor they use is found in the little bag with the protection for rescue breaths. You'll note at one point the narrator comments on rescue breaths. Latest thinking is to do chest compression only CPR; 100 compressions per minute. This video shows how <http://ahsc.arizona.edu/node/730>. For those who may be interested in an AED for your home, Copperleaf purchased ours from Avantech Inc. (239) 598-5099 (they sell only the Medtronic units out of their home at a discount off the list price). Googling Medtronic AED will show you other suppliers.