

## AED (Automatic External Defibrillator)

An AED has been installed on the Ground Floor of the Apartments in the South Corridor equidistant from the East and West Tower Elevators and not far from the Gymnasium.

This device is available for use in an emergency situation of a person suffering a Cardiac Arrest. It is an immediate treatment until paramedics are called (telephone 000) and able to arrive and treat the person.

A sudden Cardiac Arrest can happen at any age. It has been shown that the availability of a defibrillator can result in improving the chances of recovery from less than 5% to as much as 90% if able to be applied swiftly.

Whilst the AED can be operated by an untrained person following clear spoken and pictured instructions by the device itself, training is advisable and available free of charge with St John Ambulance either on our premises or at their premises in Deakin.

If you would like to borrow an instructional DVD, or arrange training, please contact the Building Manager (Ken Rood).

Roger Smith

Chair, Executive Committee (0450960024)