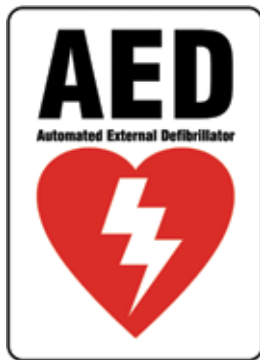


# SAFETY COMMITTEE

## Locating AEDs in Four Seasons



An automated external defibrillator is a portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias of ventricular fibrillation and pulseless ventricular tachycardia. It is able to treat them through defibrillation, the application of electricity which stops the arrhythmia, allowing the heart to reestablish an effective rhythm.

Wow, that was a mouthful but the important point is that the AEDs are effective life saving devices. We have 10 units at our property at Four Seasons at this time, and recently completed our second training session on the use of the AEDs. Our last class had 40 in attendance, and also included “hands only CPR.”

Where can I find an AED at Four Seasons?

**Lodge** – We have six. They are located:

1. Inside the entrance to the Ballroom
2. Near the Library
3. Near the RCN Computer Room
4. In the Lobby of the Spa Building
5. By the Paddle Tennis Courts
6. Outside by the restrooms just past the six Shuffleboard Courts

**Summit** – There is one at the Summit and it is located:

7. Inside the front doors on the wall to the left as you enter the building

**The Courts** – There are three, and they are located:

8. At the front desk
9. By the Tennis Courts
10. By the swimming pool restroom

They are all clearly marked. They are checked and maintained on a regular basis and monitored by FirstService personnel.

As you pass through our facilities, please familiarize yourself with the locations of the AEDs. If you are interested in being part of our next AED training session, please sign the interest list located in the Lodge Lobby.

If you are interested in becoming part of our Safety Committee, please contact Anita Worthen, the Chairperson or attend our Safety Committee meetings on the first Tuesday of each month at the RCN (Recreation Center North) at 10 am. We currently have an opening for anyone interested. ~ **Jerry Monahan**



1. Inside entrance to Ballroom



2. Outside of the library



3. Across from the RCN Computer Room



4. In the lobby of the Spa Building



5. At the Paddle Tennis courts



6. By the outside restrooms, past the shuffleboard courts



7. Inside the Summit front door to the left as you enter



8. Next to the front desk at The Courts



9. By the tennis courts



10. Near The Courts swimming pool restroom/outside shower