

Shocking news for the millennium:

JSC provides automated external defibrillators on site as part of 'Got the Squeeze, Call the 33333s' campaign

About 250,000 people die each year from sudden cardiac arrest. When cardiac arrest occurs, the victim loses consciousness, has no pulse, and stops breathing. Without intervention, death follows within minutes. Cardiac arrest usually results from some underlying form of heart disease. Most cardiac arrests are due to abnormal heart rhythms called arrhythmias. Ventricular fibrillation is the most common arrhythmia that leads to cardiac arrest. Statistics show that for every minute in which no cardiac intervention is given, survival decreases by 7-10 percent. The sooner that skilled help arrives, the better the chance for saving lives.

To aid JSC employees in the event of sudden cardiac arrest, and as the final phase of the JSC Space and Life Sciences "Got the Squeeze, Call the 33333s" heart disease awareness campaign, automated external defibrillators, AEDs, are being installed at select locations across the center. The AED is a new and important device used in emergency cardiovascular care. AEDs are accurate, easy to operate and have saved many lives. They can be used effectively by lay people with minimal training.

The AED, a microprocessor-controlled, battery-operated device, is used to administer an electric shock through the chest wall to the heart to restore a regular heartbeat. Built-in computers assess the patient's heart rhythm, judge whether defibrillation is needed and then administer the shock as appropriate. Audible and/or visual prompts guide the trained user through the process.

JSC is believed to be the first NASA center to place AEDs in the workplace. They will provide an excellent compliment to the center's advanced cardiac life support ambulances operated out of the JSC Clinic.

The American Heart Association recommends "public access defibrillation programs." This begins by ensuring that there are defibrillators or AEDs in all local emergency service response vehicles and ambulances. Second, the AHA recommends placing AEDs in public areas, for use by trained personnel, wherever a large number of people may congregate or in locations where there are "high risk" personnel or activities, such as health clubs or retirement homes.

Although several areas across JSC are being considered as potential locations for placement of AEDs, initially the devices



NASA JSC Photo S99-15370 and S99-15371 by James Blair

Employees who will be trained to use the automated external defibrillator and those who will train them include, from left, front: Charles Beckman (Kelsey Seybold, trainer), Mike Fox (Kelsey Seybold, trainer), Eddie Rodriguez (NASA Exchange); back: Greta Ayers (Kelsey Seybold), Al Young (Muniz Engineering), Larry Wier (Kelsey Seybold), Steve Arrington (Muniz Engineering).

will be placed in additional (other than ambulances) emergency responder vehicles and in identified "high risk" locations.

The greatest initial need at JSC is to have defibrillation capability on site 24 hours a day, 7 days a week. During normal working hours, the JSC Clinic ambulance responds with advanced cardiac life support anywhere on site. However, after-hours and on weekends, there is no on-site capability to respond to cardiac events. Medical response comes from the Houston Fire Department via 911.

In light of this, the first choice for AED placement was with the JSC fire protection



specialists and their vehicles. These specialists are on site 24 hours a day, 7 days a week and respond to all emergencies at JSC. By providing training to them and placing an AED in each vehicle, JSC will have defibrillation capability anywhere on site, 24/7, through the JSC "33333s" emergency response network.

The second site for an AED is the Gilruth Center. With the large number of employees, young and old, participating in sports and oftentimes after hours, placement

of an AED there is appropriate. JSC Employee Activity Association and Health-Related Fitness Program employees will be trained to use the AED.

As part of "Public Access Defibrillation," AEDs are being placed in many large public facilities where people are at risk. An example includes the airline industry, where AEDs have been installed in aircraft and airports across the country. In a recent AHA statement, American Airlines reported that since AEDs were placed on its aircraft, 16 instances of collapse with arrhythmias and cardiac arrest have occurred and 11 lives have been saved (68 percent); before AEDs were installed, the figure was less than 2 percent. Chicago's O'Hare and San Francisco's airports are examples of facilities that have installed AEDs and trained employees in their use.

Most AEDs are designed to be used by nonmedical personnel such as police, fire service, flight attendants, security guards and other rescuers who have been properly trained. Because of the wide variety of situations in which they will typically be used, AEDs are designed with multiple safeguards and warnings before any energy is released. However, there are potential dangers associated with AED use. That's why training-

including safety and continuing maintenance of the equipment is so important. At JSC, only people with proper training will use an

AED, and the devices will be placed in areas in which there will always be a trained operator available.

Wherever AEDs are placed, additional batteries, electrodes and first aid equipment will be made available to ensure that users have all of the necessary equipment in the event use of an AED is necessary.

As we move toward the new millennium, the JSC AED program is an example of the commitment to the continued health and safety of our JSC workforce. ■

Employees earn Space Flight Awareness Honoree Awards

Thirty civil service and contractor employees were among those from across the nation who were recently selected for NASA's Space Flight Awareness Honoree Award, the highest tribute paid to aerospace employees for commitment to mission quality and safety.

Although the highlight of their SFA event would have been viewing the launch of STS-103, unfortunately this was not possible due to further launch delays after the group arrived in Florida. However, the honorees did receive a VIP tour of the Kennedy Space Center and were guests of honor at a reception hosted by KSC

Director Roy Bridges. NASA and contractor management, as well as numerous astronauts, applauded their outstanding work and dedication to the space program. In addition, Astronaut Steve Swanson presented each honoree with a framed certificate and special honoree lapel pin at JSC's awards luncheon held during the event.

Civil service honorees were Mary O'Connell, Human Resources Office; Leo Benal, Lynda Estes, Michael Hughes, Toby Martin, and Bill Studak, Engineering Directorate;

Pat Bright and Heather Moncrief, Office of the Chief Financial Officer; Leasa Butler, Jessie Gilmore, and Tom Martin, International Space Station Program; Stacy Hale, John Maca, and Dawn Ward, Mission Operations Directorate; and Jim Maida, Space and Life Sciences Directorate.

JSC's contractor honorees were Antha Adkins, Mary Jensen, Jay Lipford, Eric Perry, Paul Romine, and John Speed, Lockheed Martin Space Operations; Gordon Baty, Kelsey-Seybold Clinic; Don Erwin, Barrios

Technology; Leo Hernandez, Honeywell (WSTF); Ernest Kahler, DynCorp, Johnson Support Division; Steve Miller, Neptec Design Group, Ontario, Canada; Jeff Robert, Hamilton Sundstrand Space Systems International, Windsor Locks, CT; Terry Torrance, BRSP; Barbara Trust, GHG Corporation; and Juan Zamora, DynCorp, IMPASS Support Division.

The next Space Flight Awareness Honoree event will be held at KSC in mid-March 2000 for the launch of STS-101. For more information on the Space Flight Awareness Program, contact Lois Walker at x38425 or visit <http://www.srqa.jsc.nasa.gov/sfa/> ■

