

ELEC

BETTER TOGETHER

Tip 14: Getting Help in a Medical Emergency

The Elizabeth Lofts recently purchased an AED and trained more than a dozen residents to apply CPR and use an AED. So, it might be a good time to think about how to respond to a medical emergency of a loved one or neighbor.

In the event of a medical emergency, call 9-1-1 immediately. If you are using a cell phone, put it on speaker phone so that you can follow instructions from the 9-1-1 operator and speak at the same time. Tell the operator about the nature of the emergency, your location including unit number and follow any instructions the 9-1-1 operator gives.

This may be all you are able to do because the 9-1-1 operator has you aiding the victim until EMS arrives. However, if you are able you should explain to the 9-1-1 operator that our building has an AED team ready and able to help upon notification, the operator may have you contact them. If another person can call on your behalf, have them do so as soon as possible.

There are two ways to contact the AED team. During hours the concierge is on duty, you should call the concierge at **503-228-2836**. Tell the concierge the nature of the emergency, your unit number or location and if you have already called 9-1-1. The concierge will then contact the AED team. The first person to arrive at your unit will evaluate the situation and apply CPR (cardiopulmonary resuscitation) to an unresponsive victim. The next two people to arrive will have the AED (Automated External Defibrillator) and begin to set it up for use while the other person aids the victim by assisting the victim to breathe. Meanwhile, the concierge may contact 9-1-1 if you have not already done so and prepare for their arrival. A fourth AED team member will arrive in the lobby and commandeer an elevator and escort the EMS to the unit or emergency location.

If the emergency happens outside of concierge working hours or the concierge is away from the front desk or the line is busy, you should call one of the AED team members listed below until you reach a team member. That team member will take on the role of the concierge and contact other AED team members to report to the emergency location and prepare to receive EMS.

Simplified Instructions to Alert the AED Team

Resident Calls 9-1-1
Stay on speakerphone, if possible.

Resident

If you think
Concierge is on duty
call at
503-228-2836
Leave message if no
answer

If Concierge is off duty
or does not answer,
Call AED Team
until you reach a member.

AED TEAM					
Bill Melcher	1401	503-449-3184	Zeljko Grahovac	1013	503-805-1118
Dana Stark	1110	503-382-9968	Stuart Stark	1110	503-936-8640
Denise Ambrosio	414	626-533-3104	Larry Rosenblum	512	503-718-1946
Matt Kirby	713	206-226-5681	Beth Reich	1202	954-328-0902
Art Reich	1202	954-559-3200	Alex Lewis	1113	208-310-6451
Kathleen Lewis	1505	503-349-7370	Heather Ellis	1210	917-399-2606
Tim Ellis	1210	213-925-3779	Cathy Tuttle	402	206-713-5869
Bob Wolfe	514	541-228-1634	Sarah Gregory	415	503-778-0439

You may want to keep this list by your phone, on the refrigerator, someplace handy or take a photo of the list with your phone.

Finally, please understand that the AED team are not medical professionals. They have received American Heart Association training in CPR and AED. They will be unable to help with broken bones, severe cuts or other non-cardiac emergencies. CPR is applied to people who are unresponsive and an AED evaluates a victim and only applies a shock to those with suitable heart rhythms. If no help can be offered the AED team will remain with you until EMS arrives.