

(AED) Defibrillators

The Sport medicine and Science Council as well as Sport Manitoba Manitoba's Performance Centre each have 1 mobile AED unit that can be lent to organizations or medical leaders for sporting events. Units can also be borrowed by Sport Organizations hosting sporting events in locations where there is no access to an AED unit.

If there is a race organizers wanting to request an AED please contact the MCA office for a lending form.

When cardiac arrest strikes, a defibrillator can mean the difference between life and death, so having more defibrillators will help increase the chance of survival.

AEDs deliver an electric shock to the heart and are programmed to detect if a person is having an irregular heart rhythm that indicates potential cardiac arrest. If the AED does not detect a shockable heart rhythm, the machine does not deliver a shock. According to the Heart and Stroke Foundation of Manitoba, defibrillation used with cardiopulmonary resuscitation (CPR) can dramatically improve cardiac arrest survival rates by 75 per cent or more over CPR alone.

More information is available at **www.heartandstroke.mb.ca/AED** .

For future information contact Craig Baker at Sport MB at 204.925.5750 or sport.med@sportmanitoba.ca