the
ULTIMATE
AED
Buyer’s Guide
Two Industry Leaders—One Great Partnership

Church Mutual and AED Superstore share a similar mission to protect the greater good. We have come together to offer Church Mutual policyholders discounts on AED's, safety supplies, training, and compliance assistance.

This AED Buyer’s Guide contains useful information about sudden cardiac arrest (SCA), automated external defibrillators (AEDs), the importance of program management, and more.

What is an automated external defibrillator (AED) and what is it used for? .......... 3
What is sudden cardiac arrest? .................. 4
Who is at risk? ................................. 5
Sudden cardiac arrest by the numbers ...... 6
Sudden cardiac arrest is NOT a heart attack.. 6
How an AED can increase survival .......... 7
Are AEDs safe? ............................... 7
Who can use an AED? ......................... 7
Who should buy an AED ....................... 8
What packages are available to Church Mutual customers at a discount? .......... 9
♦ AED HeartSine 360P - Value Packages ... 9
Features of the HeartSine® samaritan® PAD 360P AED ......................... 10
Features of Arch Medical and Program Management ....................... 11
Where should I place my AED? ............... 12
What to expect after your AED purchase .. 12
Replacement Supplies ....................... 13
Sudden Cardiac Arrest Emergency Plan .... 13
Good Samaritan Law Compliance ........... 13
How to use an AED ......................... 14
♦ For adults. ................................ 14
♦ For infants and children up to 55 lbs. .... 16
Frequently Asked Questions (FAQs) ......... 17
AED Superstore Advantage .................. 18
Help spread the word and raise awareness! .. 18
What is an automated external defibrillator (AED) and what is it used for?

The American Heart Association estimates 350,000 people die from sudden cardiac arrest (SCA) every year. SCA can strike anyone, anywhere, at any time without warning.

350,000 sudden cardiac arrests occur EVERY YEAR in the US; only 1 out of 10 survive

After 10 minutes without defibrillation, chances of survival are zero

Vigorous exercise greatly increases the probability of Sudden Cardiac Arrest.

The ONLY treatment for sudden cardiac arrest is defibrillation

An AED will tell you what to do using voice prompts

The statistics are unyielding

Under Good Samaritan Laws, voluntary rescuers are legally protected when aiding those in sudden cardiac arrest

The use of an automated external defibrillator (AED) can increase the chances of survival for someone experiencing out-of-hospital sudden cardiac arrest due to ventricular fibrillation.

An AED is an FDA-cleared public-access device designed to treat sudden cardiac arrest. All AEDs use visual and voice prompts to walk a rescuer through a sudden cardiac arrest event, regardless of the rescuer’s level of training or experience. While different makes and models have varying features, AEDs do what they are designed to do - save lives!
The heart uses electrical impulses which regulate rhythm and cause the heart to beat. During sudden cardiac arrest (SCA), something interrupts these normal electrical impulses, sending the heart into a state of “fibrillation” where it is just quivering and not effectively pumping oxygenated blood to the brain or vital organs. Without oxygenated blood, the brain shuts down and causes the victim to lose consciousness and stop breathing. People affected by SCA may exhibit agonal breathing where they appear to be gasping but the chest does not rise and fall. Decorticate posturing, where the person’s arms pull in and up to the chest, may also be present. Many times these symptoms lead potential rescuers to mistake SCA for a seizure. It is important to recognize sudden cardiac arrest for what it is, as delaying treatment is detrimental to survival rates.

Some causes of sudden cardiac arrest include known or unknown genetic conditions, heart muscle damage due to heart attack, drowning, choking, electrocution, drug overdose or reaction, a sudden blow to the chest (commotio cordis), or trauma.
Who is at risk?

Although pre-existing heart disease is a common cause of cardiac arrest, many victims have never had a heart problem.

Risk factors for coronary artery disease which may lead to sudden cardiac arrest are:

- A family history of coronary artery disease
- Smoking
- High blood pressure
- High blood cholesterol
- Obesity
- Diabetes
- A sedentary lifestyle
- Drinking too much alcohol (more than two drinks per day)

Factors which may increase your risk of sudden cardiac arrest include:

- A previous episode of cardiac arrest or a family history of cardiac arrest
- A previous heart attack
- A personal or family history of other forms of heart disease, such as heart rhythm disorders, congenital heart defects, heart failure, and cardiomyopathy
- Age — the incidence of sudden cardiac arrest increases with age
- Being male — men are two to three times more likely to experience sudden cardiac arrest
- Using illegal drugs, such as cocaine or amphetamines
- Nutritional imbalance, such as low potassium or magnesium levels
Sudden cardiac arrest by the numbers

SCA is the leading cause of death among adults over the age of 40

350,000
the number of people who die from sudden cardiac arrest every year in the US

5
the maximum number of minutes before a shock from an AED should be delivered to an SCA victim

90%
there is a 90% mortality rate

3 to 5
the number of minutes before the brain begins to die when it does not receive oxygenated blood

1 in 3
the number of victims who survive when the arrest is witnessed by a bystander

8 to 10
the average number of minutes for EMS to arrive at the scene of an emergency

3 to 5
the maximum number of minutes before a shock from an AED should be delivered to an SCA victim

Sudden cardiac arrest is NOT a heart attack

Sudden cardiac arrest is NOT a heart attack. A heart attack can be described as a “plumbing” problem - a blockage of the arteries leading to the heart have caused heart muscle tissue to begin to die. This leads to chest pain (angina) and may lead to symptoms such as numbness down the left side of the body (most notably the left arm), jaw pain, shortness of breath, back pain, and weakness. Heart attacks can last minutes, hours, days or even weeks. The person experiencing a heart attack is usually conscious, breathing, and able to describe their symptoms. A heart attack (or multiple heart attacks) may lead to sudden cardiac arrest.
An AED is a portable device which is very simple to operate. At a very basic level, you turn it on and follow the verbal instructions. Once turned on and connected to the victim, the AED performs the first step of analyzing the victim’s heart rhythm to determine if one of the two heart rhythms it can treat are present. The two heart rhythms the AED looks for are Ventricular Fibrillation (pulseless, chaotic quivering of the heart, also called v-fib) and Ventricular Tachycardia (life-threatening rapid heartbeat, also called v-tach). If the AED identifies one of these two rhythms, it will instruct the rescuer a shock is advised and charge the AED. When the shock is administered, either automatically by the AED (in a fully-automatic AED) or after the rescuer pushes the shock button when instructed by the AED (in a semi-automatic AED), an effective electrical charge will flow between the electrode pads on the victim’s chest and into the victim’s heart. This electric shock stops the chaotic rhythm and then, because the heart has its own built-in pacemakers, the heart will start to beat on its own.

**Are AEDs safe?**

YES! Rest assured you cannot accidentally shock someone with an AED! The AED is continually monitoring a patient’s heart rhythm and if it detects a “shockable” rhythm, it will advise a shock. Between advising the shock and the shock being administered, if the AED no longer detects a shockable rhythm, it will not shock the patient - no matter how many times you press the shock button.

**Who can use an AED?**

Anyone can use an AED. If a child can follow the directions, they can effectively deploy an AED. It requires no strength or stamina to deliver a shock.
**Who should buy an AED (what to choose and why)***

If you are considering purchasing an AED, here are a few facts to help you determine if this is the right decision.

Gathering places such as houses of worship, schools, camps, and senior living communities commonly have AED’s on-site. Other types of organizations such as non PROFITS and other entities which interact with the public or other groups of people also commonly have an AED. Some organizations may even be required by state law to have an AED readily available.

Ask yourself the following questions if you are considering purchasing an AED:

1. **Is the safety of the people with which you interact important to you?**
2. **Does your organization interact with a large group of people on a frequent basis?**
3. **Are the people with which you interact at an increased risk of sudden cardiac arrest?**
   - Elderly
   - Compromised health (you are a health-oriented organization)
   - Physical strain (physical activities take place or you are a fitness-oriented organization)
4. **Keep in mind sudden cardiac arrest can happen to anyone, anytime, regardless of age, gender, or physical fitness**
5. **Are you able to commit the time and resources (approximately 5-10 minutes per month) to maintain the AED according to the manufacturer’s recommendations?**

Any organization planning to purchase an AED must be prepared to understand and comply with any relevant state laws regarding training, maintenance, and more. Church Mutual and AED Superstore can help.

If you decide to purchase an AED, consider ease of use, portability, length of warranty, and other factors. Church Mutual and AED Superstore have kept this in mind when recommending an AED.
What packages are available to Church Mutual customers at a discount?

### AED HeartSine 360P - Value Packages

<table>
<thead>
<tr>
<th></th>
<th>Silver CVP-PADF-B</th>
<th>Gold SVP-PADF-B</th>
<th>Platinum ZVP-PADF-B</th>
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<td>$1,180.00</td>
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<td>Item</td>
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<td>HeartSine samaritan PAD 360P AED</td>
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<td>Adult PAD-Pak (Electrode/Battery)</td>
<td>Adult PAD-Pak (Electrode/Battery)</td>
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<tr>
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<td>AED Check Tag</td>
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<tr>
<td></td>
<td>ARCH Program MGMT &amp; Medical Direction (1 Year*)</td>
<td>ARCH Program MGMT &amp; Medical Direction (1 Year*)</td>
<td>ARCH Program MGMT &amp; Medical Direction (1 Year*)</td>
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<tr>
<td></td>
<td>AHA AED/CPR Training (up to 10 within 6 mths)</td>
<td>AHA AED/CPR Training (up to 10 within 6 mths)</td>
<td>AHA AED/CPR Training (up to 10 within 6 mths)</td>
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*If you already own an AED, this program is available at the cost listed under “Program Management.”

### All packages include a 1-year subscription to Arch Medical Direction and Program Management

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<thead>
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<th>Program Management</th>
<th>Pricing</th>
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<td>Pricing for three years of services for one AED</td>
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<td>Pricing for five years of services for one AED</td>
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### AED and CPR Training

<table>
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<tr>
<th>AED and CPR Training</th>
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<tr>
<td>American Heart Association (AHA) CPR/AED Training Course provided at one location for up to 10 people</td>
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<tr>
<td>CPR/AED/First Aid Training</td>
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</table>
What do Church Mutual and AED Superstore recommend for Church Mutual policyholders?

Features for HeartSine® samaritan® PAD 360P AED

Features:
- Pad-Pak electrode pad and battery combination makes maintenance easy with only one item to replace
- Lightweight and compact - the smallest and lightest AED available
- Simple-to-own defibrillators, designed to be durable, affordable and highly user-friendly
- CPR coaching with metronome
- Exceptionally rugged
- Fully-automatic

Specifications:
- Warranty - 8 Years
- Water/Dust Resistance - IP56
- Weight - 2.4 lbs.
- Dimensions - 8.0" x 7.25" x 1.9"
- CPR Coaching - Passive
- Electrode Pads Life - 4 Years
- Battery Standby Life - 4 Years

<table>
<thead>
<tr>
<th>Package</th>
<th>Price</th>
<th>Adult Electrode Pads</th>
<th>Pediatric Option</th>
<th>4 Year Battery</th>
<th>Carry Case</th>
<th>RespondER® AED/CPR Pack</th>
<th>Wall Cabinet</th>
<th>AED Wall Sign</th>
<th>AED Check Tag</th>
<th>AED Window/Wall Decal</th>
<th>Arch Medical Direction &amp; Oversight</th>
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<td>✓</td>
<td>✓</td>
<td>1 year</td>
</tr>
<tr>
<td>Gold</td>
<td>$1,180.00</td>
<td>1</td>
<td>✓</td>
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<td>Soft</td>
<td>1-person</td>
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<tr>
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<td>✓</td>
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800.991.6584  www.ChurchMutual.AEDs.com
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Maintaining AEDs, while not complicated, can sometimes be overlooked as you go about your day-to-day routine. Since you may not think about the AEDs every day, you may not notice an issue until it is time to use the AED. The middle of a crisis the very worst time to realize the electrode pads have expired, are missing or, worse, the battery is dead. When you have a friendly monthly reminder to look at the AED and check the expiration dates, you know it will be ready if you need it.

AED Superstore offers Arch™ Medical Direction and Program Management, a web-based tool which features:

- Monthly readiness check reminders with late alerts
- Online access to your AED’s information such as expiration dates, placement, readiness check logs, etc.
- Supplies expiration date alerts with optional online store for reordering electrode pads and batteries
- Online tracking of your trained Responders, including training certification expiration dates
- Online submission of AED Usage Reports
- Ongoing Medical Direction under a licensed physician (required in many states)

- In the event of an AED usage, Arch includes:
  - Post-Event review and data management under the supervision of a licensed physician
  - Free loaner AED while the data on your AED is being downloaded and interpreted
  - Data is sent to required parties for you
  - You receive a copy of the data report as well
  - Free shipping of your AED and loaner AED
  - Replacement AED pads sent after documented AED usage
  - Helps with compliance for Good Samaritan laws

With Arch AED Program Management and Medical Direction, regardless of where you are located and what changes your state or county may make, you will be confident in knowing you are adhering to the protocols of maintaining an AED program.

AED Superstore’s Arch™ Medical Direction and Program Management is staffed by experts who are there for you to answer all your questions and keep your program running smoothly.

**Arch AED and CPR Training**

Training builds the confidence to act in an emergency situation. AED and CPR training is a crucial component when it comes to a successful AED program. A subscription to ARCH Medical Direction and AED Program Management includes unlimited, online AED and CPR Training.* The service is available to anyone within the organization wishing to receive training, and it can be completed at their own pace and as frequently as they wish. This unique online approach to training enables you to improve the chances of saving a life by training more people, more often.

*Please note, this training does not result in AHA certification.* Certification classes can be scheduled by calling 800.991.6584.
Regular Checks

The AED will perform self-tests (on a daily, weekly, or monthly schedule, depending on AED model), but also requires regular maintenance by an individual. Monthly checks are recommended to ensure your AED is ready to be deployed effectively in a sudden cardiac arrest emergency:

**Look at the AED** for the following items (check your owner’s manual for exact details on what you should look for):

- Is the AED’s readiness indicator showing a passing status?
  - Check the expiration dates on the electrode pads (both installed in the AED and spare, including pediatric electrode pads, if available) and battery
  - If no items are expired, no further action is needed
- Is the AED’s readiness indicator showing a failing status?
  - Most AEDs will provide a visual indicator of the problem (like a missing pads light or low battery warning), or offer a verbal prompt describing the problem (some models have an information button you can press to hear or see details on the problem) - check your AED’s manual for specifics.
  - You may need to replace the AED’s electrode pads or battery; if you are unsure why your AED is showing a failing status, call AED Superstore (at 800.991.6584) or your AED’s manufacturer for help!
- Is the readiness indicator dark or not showing anything?
  - Your AED’s battery has probably been completely depleted; replace the battery as soon as possible!
  - Also make sure to check expiration dates on the electrode pads and replace if needed

**Listen to the AED** - is the machine beeping steadily? This is an indication the AED needs attention.

- Check the expiration dates on the electrode pads and battery. If expired or nearing expiration, order replacement parts
- Install the replacement parts and the AED should return to a ready state. If not, contact the manufacturer to troubleshoot what could be wrong.

Where should I place my AED?

**Choose a location for your AED which is:**

- Secure, visible and easily accessible (reception area, first aid center, cafeteria, fitness room, security desk, etc.)
- Near a telephone so 911 can be called if a cell phone or cell service is not available
- Within three to five minutes of any possible sudden cardiac arrest event; if unsure, use a stopwatch to time retrieval and return

**Other items to consider include:**

- Avoid placing AEDs in a locked area
- Signs indicating the location of the AED should be strategically placed
- Place cabinets and brackets according to ADA regulations
Replacement Supplies

The HeartSine® samaritan® PAD 360P AED Pad-Paks need to be replaced every four years. Since the electrode pads and batteries are contained in one Pad-Pak, you only need to worry about replacing one item every 5 years.

Sudden Cardiac Arrest Emergency Plan

The Chain of Survival is critical to a successful sudden cardiac arrest outcome. Having a sudden cardiac arrest emergency plan in place ensures no links are weakened.

- Designate those responsible for calling 911 (it is okay if 911 is called more than once for an incident)
- Train your employees in quality CPR and how to use an AED. Find a training program which includes components relative to your business or facility’s SOPs

- Schedule CPR/AED training classes for employees, and consider including optional training in first aid and bloodborne pathogens
- Ensure all employees know where the AED or AEDs are located
- Assign one person or position the task of performing routine maintenance checks on the AED so you know it is always ready in an emergency

Good Samaritan Law Compliance

All 50 states have Good Samaritan Laws, but there are varying requirements to be covered - know and understand the requirements in your state. States may require any combination of the following:

- Physician Medical Direction and Oversight - in general, owners must have a licensed physician oversee their AED

- Schedule CPR/AED training classes for employees, and consider including optional training in first aid and bloodborne pathogens
- Ensure all employees know where the AED or AEDs are located
- Assign one person or position the task of performing routine maintenance checks on the AED so you know it is always ready in an emergency
How to use an AED

AEDs are so simple to use, they can be used by virtually anyone. You do not need to be a medical professional! Every AED walks a rescuer through the event from the time the AED is turned on until EMS arrives, using both visual and voice prompts. Clear, simple graphics on the AED, packaging (which varies by make and model) and clear, simple voice commands guide the rescuer through the event.

For adults

Turn the AED on either by lifting the lid, pressing the power button, or removing the electrode pads (the method of turning on the AED varies by make and model). A typical scenario of voice prompts once the AED is turned on would be:

“Call for help”
- If you are with other people - instruct someone else to call 911
- If you are alone:
  • If you have a mobile phone and service - call 911, put your phone on speaker, and place the phone next to the patient so you can speak to the dispatcher during the rescue
  • If you do not have a mobile phone or service, find a way to reach 911 either by seeking another individual or finding another phone and then return to the patient as quickly as possible

“Remove clothing from patient’s chest” - all AEDs sold by AED Superstore include a rescue kit to assist with this step.
- Remove all clothing from chest
  • Do not be afraid to cut clothing if necessary (and you have the means), or tear the clothing - a rescue kit usually includes a pair of scissors
  • Bras may be cut, lifted over the patient’s breasts or left on (if it does not impede electrode pad placement)

“Make sure skin is clean and dry of water or sweat - a rescue kit usually includes a towel or you can use your own clothing or the patient’s clothing if it is dry and clean enough

“Place electrode pads on patient’s bare chest”
- Visual guides on the electrode pads or electrode pad packaging will show placement
- Press the electrode pads firmly to clean, bare, dry skin

“Do not touch the patient”
- Sit back from the patient and make sure you are not touching the patient
- Instruct others in the area to also stand back
  • Why this is important: The AED is checking the heart rhythm to detect whether it is a shockable or nonshockable heart rhythm. If the patient is being jostled, this interferes with the analysis

“Shock advised” - The AED has detected a shockable heart rhythm and is getting a charge ready to shock the patient.
- “Do not touch the patient” - stand back from the patient and advise others around you to do the same
If the AED is semi-automatic, “Press the flashing shock button”

- The orange or red shock button will flash
- Press the button

If the AED is fully-automatic, “Shock will be delivered in 3, 2, 1…”

- The AED does not have a shock button and will deliver the shock when the countdown finishes.

“Shock delivered” - the shock was successfully administered to the patient.

“It is now safe to touch the patient” - you can safely touch the patient.

OR

“Shock not advised”

- The AED has detected a nonshockable rhythm
- The patient may be in asystole (or “flat line”)
- If the patient is still unresponsive and not breathing, perform CPR

“Begin CPR”

- Most AEDs have some form of CPR prompting/assistance. These may include:
  - A metronome to keep you on track for rate of compressions
  - A timer which will alert the rescuer how many more seconds to perform CPR on the patient
  - CPR Feedback (providing real-time guidance on the quality of the rescuer’s CPR), including:
    - Rate of compressions - will prompt “good speed”, “push faster”, or “push slower”
    - Depth of compressions - will prompt “good compressions”, “press deeper”, “press harder”, or “press softer”
  - Recoil - will prompt “press harder, fully release”

Some AEDs provide guidance to give rescue breaths between CPR compression cycles

- If you are uncomfortable giving breaths, continue compressions in the “hands-only” CPR method
- If you are comfortable giving breaths, or if you have a second rescuer with you who can administer the breaths, give rescue breaths

To perform CPR on the patient, interlace your fingers and press hard on the lower half of the sternum (breast bone); you may hear ribs crack or break - this is normal!

The rate of chest compressions should be between 100 and 120 beats per minute - songs to sing in your head to keep the correct rate include the Bee Gee’s “Stayin’ Alive”, Queen’s “Another One Bites the Dust” (unfortunate), or Darth Vader’s theme from Star Wars!

- Chest compression depth should be between 2”-2.4”
- Make sure to let the chest recover its rise completely between compressions
- The AED will inform you when it is time to stop CPR compressions

“Do not touch the patient” - same as earlier.

“Analyzing heart rhythm” - same as earlier.

The cycles of analysis, shocks and CPR should continue until EMS arrives and can take over or the victim regains consciousness.
For infants and children up to 55 lbs

Electrode pads

- The HeartSine 360P AED uses pediatric electrode pads. You’ll need to remove the adult Pad-Pak and replace it with the pediatric Pad-Pak prior to using on an infant or child under 55 lbs.
- Position the electrode pads according to the placement diagrams provided on the electrode pads/packaging
- If you do not have a pediatric Pad-Pak, use the adult electrode pads instead, and position as illustrated below
- Place the electrode pads on the center of the infant/child’s chest and the center of the back, rather than in the normal adult placement

CPR

- Chest compressions at a rate of 100 per minute
- Chest compressions at 1/3 the depth of the patient’s chest
- Rescue breathing is essential to child/infant CPR - give two breaths for every 30 compressions

Typical AED electrode pad placement on a small child or infant.
Frequently Asked Questions (FAQs)

What is a typical warranty on an AED?
The HeartSine® samaritan® PAD 360P AED has an eight year warranty. Batteries and accessories have their own warranty periods.

Can an AED damage a heart?
No. While heart damage can occur to patients who get too much energy, AEDs do not produce anything near those levels.

Is training required to operate an AED?
Training is required by a number of state and local governments in order to be covered under their Good Samaritan laws. Even though AEDs are designed for easy use by untrained lay persons, we recommend formal training in their operation, along with CPR techniques outlined by the American Heart Association (AHA) or the American Red Cross (ARC).

Do I need medical authorization and how do I obtain it?
Medical authorization is a written prescription from a doctor authorizing us to send an AED to you. AEDs purchased from AED Superstore include this authorization FREE! It is included with your shipment.

My battery has a date on it, is that an expiration date?
The date shown on an AED battery can be either a manufactured date, install by date, or expiration date.

The HeartSine® samaritan® PAD 360P AED has an expiration date and the Pad-Pak should be used and/or properly disposed of on or before the expiration date listed.

What do I do with my old batteries and pads?
Expired or used electrode pads can be safely disposed of simply by placing them in the regular trash. When disposing of AED batteries however, we recommend that you contact a local recycling center in your area to make sure they are disposed of correctly.

AED Superstore® is committed to the RBRC Call2Recycle® program to offer environmentally safe, cost-effective battery disposal and recycling for all our customers. Simply ship your expired and/or dead AED/defibrillator batteries to us and we will handle the rest! Your only obligation is the cost of shipping your used batteries. To learn more, click here.

Can I lock an AED cabinet purchased from AED Superstore?
None of the AED cabinets available from AED Superstore include the ability to lock. Many cabinets include an alarm (notifying others the cabinet is being opened) along with keys to disable the alarm when opening the cabinet in a non-rescue situation. We encourage customers to purchase an alarm and strobe with their cabinet to deter theft, but DO NOT recommend locking AED cabinets as valuable life saving time would be lost trying to locate a key.
Help spread the word and raise awareness!

♦ Since an AED is the only treatment for sudden cardiac arrest, knowing what AEDs are, where they are located, and how to use one can mean the difference between life and death for a coworker, loved one, or total stranger. Early bystander intervention in a sudden cardiac arrest emergency is key to a victim’s survival!

♦ Look for AED signs wherever you are and point them out to people you are with. Explain what AEDs are.

♦ Encourage others to place AEDs in their community. The more AEDs available, the more lives can be saved!

♦ Maintain your CPR/AED training certification and encourage others to receive training. Training builds confidence, and confidence spurs action.