

Bear Mountain Medical Emergency Procedure

If a person collapses and is not breathing normally, begin CPR (cardiopulmonary resuscitation):

- * **Have someone call 911**, or do it yourself.
- * If you are untrained, unwilling, or not confident enough to provide rescue breaths, perform compressions-only CPR.
- * Place the victim onto his or her back, on a firm surface.
- * Put one of your hands on hand on top of the other in the center of the victim's chest.
- * Push hard and fast (100 compressions per minute)
Continue until an AED or medical help arrives.

When 911 is called Evergreen Fire/Rescue will be dispatched and simultaneously, CPR/AED Bear Mountain neighborhood volunteers will be notified via text messaging. Any available volunteer will proceed to the nearest neighborhood AED and take it to the emergency site to be of assistance until the paramedics arrive.

AED locations on Bear Mountain are:

- * 5077 Bear Mountain Drive (O'Donnell residence)
- * 5758 High Drive (Teeters residence)

This neighborhood AED dispatch program was initiated in coordination with Evergreen Fire/Rescue and EPAD (Evergreen Public Access Defibrillation) August 2015. We currently have 25 certified volunteers on Bear Mountain. If anyone is CPR/AED certified and would like to be a volunteer please contact Mary Biber for further information (816-213-6045).