The Defibrillator Guidelines

International Guidelines for the Proper Deployment of Automated External Defibrillators (AEDs) in Workplaces and Public Spaces

Authored by Dr Don Dingsdag and Dr Graeme Peel

October 2019
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IMPORTANT!
AEDS ARE CRITICAL EQUIPMENT THAT SHOULD BE DEPLOYED IN ACCORDANCE WITH THESE GUIDELINES. FAILURE TO DO SO MAY RESULT IN SERIOUS HARM OR DEATH.

October 2019
About Dr Don Dingsdag

Since 2006 Don Dingsdag has been instrumental in conducting research into out of hospital sudden cardiac arrest (SCA) and providing public and workplace access to defibrillation to improve survival chances of SCA sufferers. He is also Chair and principal researcher of the Cardiac Arrest Survival Foundation. Throughout his professional life as an academic, researcher and consultant, Don has also been passionate about occupational health and safety (OHS). He was first struck for the need of robust OHS legislation during his BA Honors thesis in 1979 while he researched the Bulli Mining Disaster of 1887, when 81 men and boys died owing to weak mines safety legislation (the 1876 Coal Mines Regulation Act, NSW). This legislation was not properly observed by the Department of Mines inspectorate, the management of the Old Bulli mine, the Miners’ union, nor the miners. The methane gas explosion that caused this needless calamity was catastrophic to the surrounding small mining community.

For more than 30 years of OHS and related research and industry consultation to the coalmining, construction, energy (electricity and gas supply sectors), transport (bus and train sectors) and food and beverage manufacturing industries, Don has come to the conclusion that even robust and observed legislation is not enough to make workplaces safe, nor to improve safety performance. Much more is needed and as a result for over ten years he has become an active advocate for organisational embracing of safety culture and safety leadership to complement and supplement legislative compliance remembering that these approaches are not magic bullets.

In addition, since hazards and risks are workplace context specific, Don also provides penetrative risk assessments and risk management solutions which clearly indicate how to minimise risk exposures and associated at risk behaviours. Don provides training in confined spaces entry, lock out tag out and WorkCover NSW general induction. He is also proficient in French and Dutch.

His qualifications and experience are:

- B A (Hons) Wollongong University, 1980; Thesis: *Responses to the Bulli Colliery Disaster of 1887 with Special Reference to the New South Wales Government and the Bulli Coal Mining Company*, Department of History, University of Wollongong.
- Expert witness in workers’ compensation matters, NSW District and Supreme Court;
- Certificate, Investigate WHS Incidents, SAI Global, Sydney;
- OHS Management Systems Lead Auditor, AS/NZS 4801/ OHSAS 18001, Exemplar Global, Sydney;
- WorkCover approved General Induction Trainer, TAFE NSW, Correctional Services NSW;
- Certificate IV in Assessment and Workplace Training, MTS, Sydney;
- Certificate in Confined Spaces Entry Training, MTS, Sydney;
- Certificated Train the Trainer, Drake International, Brisbane;
• Senior Lecturer at UWS: Responsibilities; subject design/development, co-
  ordination, assessment procedures, delivery for distance education for post-
  grad students including conducting two-day workshops/seminars/lectures
  and web site management, in:
    ◆ Occupational Health and Safety Law;
    ◆ Auditing the Management of OHS;
    ◆ Safety Systems Integration;
    ◆ Risk Assessment/Management;
    ◆ Safety Management;
  • Conducting OHS research and development of policies and procedures in
    the coal mining, construction, energy, transport and food and beverage
    industries;
  • Hazard identification, risk assessments, audits and validations of production
    lines;
  • Lock Out/Tag Out Training (LOTO);
  • PC1, PC2 plant, animal, laboratory audits; inspections for PC2 laboratory
    certification;
  • OGTR laboratory inspections and validations;
  • Machine Safety risk assessments and training;
  • Safety Culture, Safety Leadership training/education for senior
    management/middle management and blue-collar workers;
  • Developing competency safety standards and safety behaviours for universal
    application across the construction sector in Australia and Hong Kong.

About Dr Graeme Peel
Dr Graeme Peel is a physician who is a specialist in occupational, environmental, public health and aerospace medicine. He has interests in illness and injury prevention and health promotion, including the efficient and effective deployment of AEDs for public safety.

Graeme served full-time in the Royal Australian Air Force from 1974-2000, primarily in aviation medicine roles in Australia, Malaysia, the United Kingdom and the USA. During this period, he also investigated twelve aircraft accidents and deployed on humanitarian relief and peace monitoring duties.

Graeme was a senior executive with Qantas Airways from 2000-2008, where he firstly developed and then managed the Group’s OHS and occupational medicine programs. He concurrently continued his military service in the Air Force Specialist Reserve, deploying to Sri Lanka following the 2004 Boxing Day tsunami and subsequently to the Middle East.

Graeme is involved in a diverse range of activities, comprising clinical practice, consulting with industries on OHS, advising on fitness for remote deployments, lecturing in aviation medicine at Griffith University, and Air Force Reserve duties. He was an independent member of the NSW Government Mine Safety Advisory Council for eleven years, and chaired the Department of Veterans’ Affairs Human Research Ethics Committee.
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FOREWORD

The Defibrillator Guidelines (Guidelines)

Compliance with these Guidelines is voluntary.

Aimed at saving lives, the Guidelines follow recent research which recommends that organisations adopt a ‘service-based’ approach to heart safety, by clearly defining who has responsibility for monitoring and maintaining AEDs and the training of rescuers.

The first Guidelines were developed by Dr Donald Dingsdag and Dr Graeme Peel in 2012 and launched at Parliament House, Canberra in November 2012. Following consultation with SafeWork Australia, Therapeutic Goods Association, defibrillator users, defibrillator manufacturers and other interested parties, a second edition of the Guidelines was released in October 2014.

In assembling this edition of the Guidelines, Dr Dingsdag examined current trends and practices in the deployment of AEDs, and reviewed research into use of AEDs in workplaces and public spaces. Broad consultation was undertaken with government, business and professional groups and subject matter experts, and careful consideration given to relevant legislation and regulations.

The Guidelines provide technical specifications for defibrillators, where and how they are to be installed, and instructions for their monitoring and maintenance, as well as stipulation of training standards. Also provided are minimum standards for what should happen during an emergency response, for post-incident support and record keeping, and a process for those wishing to voluntarily register an AED System.

Registering defibrillators within a national database will help to improve access to defibrillators by first responders and emergency service personnel, which in turn will improve the survival rate.

About the Defibrillator Guidelines

The Defibrillator Guidelines were created to improve the standards of AED deployment and use by providing guidance on the selection, location, monitoring and maintenance of AED Systems in workplaces and public spaces, and the inclusion of a voluntary registration program.

Development of these Defibrillator Guidelines has involved a comprehensive examination of current trends and practices of AED deployment together with extensive research into AED use in the workplace and in public spaces by qualified and experienced people with backgrounds in public health, workplace relations, occupational health and safety, emergency and rescue, quality control and management systems.
BACKGROUND INFORMATION

Sudden Cardiac Arrest Risk Matrix

It is well known that each year in the USA there are over 350,000 cardiac arrests and in Australia there are approximately 33,000 out of hospital cardiac arrests. What is the likelihood of cardiac arrest across the population?

Risk level in terms of sudden cardiac arrest exposure
Low  Medium  High  Extreme

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<th>Workplace demographic</th>
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Important: This matrix is a guideline only and cannot be relied upon to measure potential cardiac arrests. The Public Access to Defibrillation (PAD) study, based at the University of Washington, was a multi-site clinical trial that addressed AED placement. The above matrix is based on the formula that was used in the PAD study to identify higher-risk locations. These figures do not consider visitors, extended hours of occupancy or nature of work. Assumptions are that the area is non-residential and the average number of hours spent at the location each day is eight.

**Monitored vs Unmonitored AED Systems**

A quantitative risk analysis conducted by a reliability engineer determined probabilities of failure for a leading brand of automated external defibrillator in monitored and stand-alone deployment options. The risk analysis methodology used the Fault Tree Analysis technique and drew upon previous risk and reliability analyses which had established predictions of equipment failure rates and fault diagnostic capabilities.

The analysis predicted that the probability of a monitored defibrillator being in a failed state at the time of a deployment was approximately 1-in-800. This figure applied to

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1 The analysis was conducted in conjunction with Marcus Punch Pty Ltd
2 Cardiac Science: see [www.cardiascience.com](http://www.cardiascience.com)
3 Quantified Risk Analysis (QRA) Report, Automatic External Defibrillators (AEDs) in Monitored and Stand-alone Modes, prepared by Marcus Punch Pty Ltd, 12 August 2011
the best quality defibrillators only. The probability of failure for defibrillators with lesser diagnostic capabilities was predicted to be as high as 1-in-40.

The analysis also predicted that when the same best quality defibrillator is deployed in a stand-alone (unmonitored) mode, the probability of being in a failed state at the time of a deployment could be as high as 1-in-5. This figure depends on the degree of compliance with requirements for daily checking and inspection.

Other defibrillators were also predicted to have a similar result. This figure is consistent with Shah and Maisel’s study of defibrillators in the USA in 2006.4 Monitoring and maintenance neglect are chinks in the armour of defibrillation programs and device deployment. Consequently, it is imperative that organisations intending to introduce AEDs ensure they are effectively managed and checked daily for operability otherwise there is a risk that they will not deliver the life-giving shock for which they were designed.

**Monitored AED Systems Save More Lives**

Recent research by a leading Australian public health expert reiterated Dr Dingsdag’s work from 2009, entitled ‘Reliability, sustainability and effectiveness of automated external defibrillators deployed in workplaces and public areas’, which concludes that more lives can be saved after sudden cardiac arrest if fully-monitored systems of AEDs are deployed in public areas and workplaces, rather than stand-alone (i.e., unmonitored) defibrillators.5

The study, by Sydney-based researcher Dr Sue Craig, ‘Creating a Culture of Heart Safety in Public Facilities’, was published in the July 2014 edition of the *Journal of Health, Safety and Environment, Australia, New Zealand*.6 Dr Craig interviewed survivors of sudden cardiac arrest and reviewed Australian and international research and analysed the results of remote surveillance.

Key factors in the successful rescues were that the AED formed part of an integrated system that ensured it was located in a highly visible position, ready when needed with a fully charged battery, and that there were sufficient numbers of trained employees on hand to use it. The research:

- recommends each AED unit be supported by up to ten CPR-trained employees;
- found stand-alone AEDs place an unnecessary burden on managers and can create confusion over who is responsible for the maintenance and operability of the equipment;
- recommends organisations move instead to a ‘service-based’ approach to heart safety, in order to clearly define who has responsibility for monitoring and maintaining AEDs and the training of operators;

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4 Shah, JS and Maisel, WH, “Recalls and safety alerts affecting automated external defibrillators”, *Journal of the American Medical Association*, 2006, 296(6); pages 655 to 660
• supports that there are long-term cost savings to be achieved through fully monitored AED systems. Indirect costs of failing to mitigate public risk are estimated at 8 to 36 times the direct costs such as loss of key staff, disruption to business, workers compensation and legal liability.

**Why Register Defibrillators?**

The Guidelines aim to ensure AEDs are properly deployed and always working, which will save lives and avoid fatalities caused by missing or faulty devices.

While reliable data is still scant, some experts in the USA have estimated AEDs are used to help fewer than five per cent of people collapsing from sudden cardiac arrest. This is a statistic that may be exacerbated by lack of information about AED locations and functionality. For example, few public agencies in the USA, including 911 dispatch centres, keep a database of AED locations or systematically check to make sure available devices are in working order.

A University of Pennsylvania crowd-sourcing project called MyHeartMap aimed to map the location of public access AEDs and better monitor them. Using a smartphone app, more than 300 teams and individuals spent eight weeks knocking on doors, photographing and recording the GPS coordinates of defibrillators wherever they found them. The resulting map pinpointed 1400 AEDs in 500 buildings. The map is now available to 911 dispatchers who could provide the location of the nearest AED to an emergency caller.

AEDs in the USA have been subject to numerous recalls for faults. One study of advisories to the FDA between 1996 and 2005 found 21.2 per cent of units distributed during the study period had to be recalled.

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8 Ibid.
9 Shah and Maisel, op. cit., p. 655
SECTION 1 – SCOPE AND GENERAL

1.1 Scope

(1) This document sets out guidelines on the selection, location, monitoring, maintenance and voluntary registration of AED Systems and is intended to apply to all Workplaces and Public Spaces.

1.2 Definitions

(1) The following definitions apply:

**AED** is an automated external defibrillator which includes electrodes (pads) and a battery.

**AED System** includes:

(a) AED;
(b) AED fault detection;
(c) AED communications network;
(d) AED emergency response;
(e) AED post incident support;
(f) AED enclosure;
(g) AED monitoring, maintenance and support; and
(h) AED training program.

**Basic Life Support Training** means training in performing cardiopulmonary resuscitation (CPR) and use of an automated external defibrillator in an emergency.

**Control Room** is a 24-hour response centre operating 365 days a year.

**Defibnet.com** is a free AED deployment software application that enables the recording and management of AED data and provides email alerts based upon the expiry dates of AED electrodes and battery.

**Duty Holder** is an organization, entity or individual that has responsibility for an AED System.

**Emergency Verification Contact** is a person designated to be contacted by the Control Room in response to an AED being accessed.

**Guidelines** are these Defibrillator Guidelines.

**Monitored** is a device or arrangement to inspect, detect and record the operability of an AED by an automatic control system.

**Potential Operator** is a person, or persons, relying on the AED System in response to an SCA.

**Potential Victim** is a person showing signs of a cardiac arrest.
The Defibrillator Guidelines

Premises
is any place, and in particular includes:
(a) any land, building or part of any building; or
(b) any vehicle, vessel or aircraft; or
(c) any installation on land, on the bed of any waters or floating on any waters; or
(d) any tent or movable structure.

Public Space
is a place or a part of Premises that is open to the public.

Regulatory Authority
Is the Government authority responsible for regulation of AEDs.

Service Provider
is a third party engaged by a Duty Holder to carry out duties or provide services including, but not limited to, supplying, monitoring and maintaining an AED System.

SCA
is a sudden cardiac arrest event.

Victim
is a person who has a shockable or non-shockable rhythm identified by the AED.

Worker
means:
(1) A person is a "worker" if the person carries out work in any capacity for a Duty Holder conducting a business or undertaking, including work as:
   (a) an employee; or
   (b) a contractor or subcontractor; or
   (c) an employee of a contractor or subcontractor; or
   (d) an employee of a labour hire company who has been assigned to work in the Duty Holder's business or undertaking; or
   (e) an outworker; or
   (f) an apprentice or trainee; or
   (g) a student gaining work experience; or
   (h) a volunteer; or
   (i) a person of a prescribed class.

(2) The Duty Holder conducting the business or undertaking is also a "worker" if the Duty Holder is an individual who carries out work in that business or undertaking.

Workplace
means the Premises where persons work.
SECTION 2 – TECHNICAL SPECIFICATIONS

2.1 Essential Specifications

(1) An AED must:

(a) be of an uncluttered design that enables fast, efficient operation by a Potential Operator in an intense emergency situation;
(b) provide clear rescue prompts or instructions to the Potential Operator so that it is able to be used safely by non-medical personnel in noisy environments;
(c) be easily accessible and be portable (including, whether mounted on a wall, within a vehicle or elsewhere);
(d) be serviceable in both the short and long term;
(e) be IP24 rated;
(f) have an automated self-test facility whereby it performs a daily automated self-test to confirm the operability of the electrodes (pads), cable, battery, and electrical circuitry;
(g) be able to record and store data including usage and cardiac rhythm information for download to a prescribed system or format;
(h) be approved by the Regulatory Authority;
(i) include:
   (i) a first aid pack that contains pocket mask, wipes, razors and scissors; and
   (ii) a defibrillator information booklet, instruction and quick reference guide.
(j) have an AED battery supported by the manufacturer of the AED and be operationally warranted.

2.2 Essential Specifications for Monitored AEDs

(1) Monitored AEDs must have the ability to send automatic messages and signals from the AED to the Control Room in circumstances where the AED is:

(a) not operable;
(b) removed from its enclosure; and/or
(c) activated.

(2) Vehicle mounted; or portable publicly accessible AEDs may also include GPS location tracking.

2.3 Non-Essential Specifications

(1) Subject to a risk/environmental assessment, the AED should:

(a) have non-polarised and interchangeable electrodes allowing the Potential Operator to place either electrode in the proper position on the body;
(b) be fully automated once deployed and deliver a shock (if required) without requiring the Potential Operator to push a button;
(c) have pediatric capability,
include easy to read backlit electronic text displays and gauges showing:

(i) elapsed rescue time;
(ii) number of shocks administered;
(iii) a CPR countdown;
(iv) battery capacity; and
(v) the operational status of the battery and pad expiry.
SECTION 3 – INSTALLATION AND LOCATION

3.1 Installation

(1) Duty Holders must ensure that deployed AEDs are installed strictly in accordance with the manufacturer’s instructions and located in the Workplace and/or Public Space in accordance with the requirements of this section.

3.2 Location

(1) AEDs must be positioned in a conspicuous and readily accessible location.

(2) AEDs must not be located in positions where access could present a hazard to the Potential Operator. Where practicable, AEDs should be located along normal paths of travel and near exits.

(3) Reasonable steps must be taken by Duty Holders to ensure that deployed AEDs are located no more than one to two minutes away from a Potential Victim.

(4) AEDs deployed on Premises should:
   (a) have their positions clearly indicated by placement of a location sign;
   (b) have their location clearly indicated and visible to all Potential Operators with the use of appropriate directional signage; and
   (c) be mounted at the appropriate height so that the AED enclosure handle and AED are at a maximum height of 1200mm from ground level.

(5) The requirements of 3.2(4)(c) may be waived if the accessibility of the AED will be impaired.
SECTION 4 – MONITORING, MAINTENANCE AND TRAINING

4.1 Monitoring

(1) The Duty Holder is responsible for ensuring the ongoing functionality of deployed AEDs. A Duty Holder may engage a Service Provider to carry out these responsibilities on its behalf.

(2) Duty Holders are responsible for arranging for all deployed AEDs to be checked for functionality daily, 365 days a year in accordance with 4.1(3).

(3) Duty Holders with:

(a) 50 or more workers at the Workplace or where the Workplace is a Public Space and with access to power and communications must ensure that deployed AEDs are Monitored electronically by a Service Provider operating a Control Room; or

(b) fewer than 50 workers and/or without access to power or communications should ensure that deployed AEDs are manually inspected for operability on a daily basis and that a service log is maintained, in accordance with the AED Daily Inspection Log, which is to be securely stored at the location of each deployed AED.

(4) Duty Holders are responsible for ensuring that inspections and maintenance of AEDs are provided in accordance with the manufacturer’s specifications. It is essential that deployed AEDs and any accessories are always kept under warranty by ensuring that all parts and consumables do not exceed their warranty period.

4.2 Maintenance

(1) Daily checking of AED functionality must be carried out to detect device failure in accordance with 4.1. A Duty Holder may engage a Service Provider to carry out maintenance responsibilities on its behalf.

(2) In addition to 4.2(1), both routine and annual on-site maintenance must be arranged by the Duty Holder for all deployed AEDs in accordance with manufacturer’s instructions.

(3) Duty Holders are responsible for immediately replacing defective AEDs.

(4) AED parts and consumables must be replaced:

(a) before their expiry date;

(b) after being used in an SCA;

(c) in accordance with the manufacturer’s instructions.

(5) Notwithstanding any of the above, where a risk assessment determines that there is high risk in Workplaces with fewer than 50 workers then 4.1(3)(a) applies.

4.3 Training

(1) Duty Holders should provide training on an annual basis. A Duty Holder may engage a Service Provider to carry out the responsibilities in this section on its behalf.

(2) Training referred to in 4.3(1) should:

(a) meet the guidelines of the national resuscitation peak body;

(b) cover Basic Life Support Training; and
(c) be provided to a minimum of 10 Workers for each AED deployed.

(3) Training should be conducted on-site at a time agreed with a Duty Holder’s customer site contact or appointee.

(4) Trainees should be:
   (a) assessed on a theoretical and practical basis by certified trainers;
   (b) issued statements of attainment upon successful completion of the training, such statements to be valid for 12 months; and
   (c) invited to provide feedback at the end of a training session.

(5) A Basic Life Support Training guide should be provided to all Workers who undertake training.

(6) Problems, issues and suggestions should be communicated to the Duty Holder’s customer site contact or their appointee.
SECTION 5 – EMERGENCY RESPONSE AND POST INCIDENT SUPPORT

5.1 General

(1) Duty Holders should ensure that the requirements in this section are met for each AED System. A Duty Holder may engage a Service Provider to carry out these responsibilities on its behalf.

5.2 Emergency Response

(1) The Control Room is responsible for providing back-up in response to an SCA and should:

(a) maintain and update details of the Emergency Verification Contact and the correct address for the ambulance service as required;

(b) contact the Emergency Verification Contact upon an AED being accessed. If the emergency is verified, then the Control Room must call an ambulance; and

(c) handle any emergency in accordance with the relevant standard for medical duress alarm response including emergency verification and dispatch of an ambulance to the location of an incident.

(2) Notwithstanding the responsibilities of the Control Room in 5.2(1) above, the Duty Holder is primarily responsible for ensuring an ambulance is called directly by the rescuers at the scene of an SCA.

(3) Nothing in this section detracts, or is intended to detract, from any legal obligation owed by the Duty Holder or rescuers, including but not limited to, a duty of care owed by the Duty Holder or the rescuers at the scene of an SCA.

5.3 Post Incident Support

(1) Each SCA must be overseen by a physician with experience in dealing with cardiac arrest emergencies.

(2) The physician referred to in 5.3(1) is not required to provide therapy to the Victim. Their role is to support the Duty Holder or Service Provider in handling of post event matters including consultation and documentation of an SCA.

(3) Following an SCA involving use of a deployed AED the Duty Holder must, to the extent allowed by relevant privacy legislation, ensure that:

(a) consultation occurs with the rescuers involved within 24 hours of an SCA where a deployed AED was used;

(b) an ECG report is extracted from the deployed AED; and

(c) a Post Incident form is properly completed within 24 hours of an SCA. A Post Incident Form can be downloaded from Defibnet.com.

(4) A post-incident debrief of trained rescuers should be arranged by the Duty Holder within 24 hours of an incident where the AED is used.
SECTION 6 – RECORD KEEPING

6.1 Defibnet™ Data Management System

(1) A Duty Holder or Service Provider may use Defibnet to manage the following key data and records:

(a) AEDs:
   (i) equipment and consumables;
   (ii) manufacturer, model and serial number;
   (iii) warranty;
   (iv) pads serial number and expiry dates;
   (v) spare pads serial number and expiry dates;
   (vi) battery serial numbers and expiry dates;
   (vii) AEDs under 4.1(3)(a) must have electronic fault monitoring logs;
   (viii) AEDs under 4.1(3)(b) must have daily inspection logs in the format set out in Daily AED inspection log.

(b) Training:
   (i) trained rescuers;
   (ii) contact details;
   (iii) statements of attainment;
   (iv) training expiry dates.

(c) Emergency response:
   (i) address or location of SCA for ambulance personnel including the nearest cross street and any special instructions for remote locations without address;
   (ii) Emergency Verification Contact details including regular and after hours contact numbers for both a primary and secondary person;
   (iii) the location of the AED and any relevant information regarding hours of access to the Premises or access to remote location where the AED is located.
**DAILY AED INSPECTION LOG**

A Daily AED Inspection Log can be downloaded from Defibnet.com

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