

AED MAINTENANCE MADE SIMPLE: **WHY A SERVICE PROGRAM BEATS DIY**



Cardiac emergencies can happen anywhere, anytime — even on the job. A report from the Occupational Health and Safety Administration (OSHA) shared that 10,000 sudden cardiac arrests happen every year at work in the U.S.¹

The survival chances for someone experiencing sudden cardiac arrest decrease by 10% for every minute that immediate CPR and use of an AED is delayed, according to the American Red Cross.²

AEDs play a vital role in helping people survive sudden cardiac arrest, but they only work if they're properly maintained. The efficacy and compliance of an AED depends on its upkeep.

Since AEDs can't maintain themselves, there are costs and responsibilities required to keep them rescue ready. This article will explore how a professionally serviced AED program helps with saving time, cost efficiency, regulatory compliance and peace of mind compared to the DIY approach.

The risk of neglecting AED maintenance

The American Heart Association urges organizations to make maintenance a top priority because only a working AED can help save a life.³ Without proper inspection and maintenance, unused AEDs can develop severe problems that could impact their effectiveness.

According to the Society for Human Resource Management, unused, unmaintained AEDs can experience these issues, including⁴

- Outdated software causing error messages or malfunctions
- Electrode pads drying out, making them unusable
- Issues with battery management, recharging or accidental discharge
- Faulty circuit boards
- Incompatible or damaged cables and connectors

The American Heart Association recommends weekly to monthly visual inspections and testing to ensure AEDs are well-maintained and their software is up to date.⁵ Checking and replacing expired batteries and electrode pads is also vital during these inspections to make sure AEDs can deliver life-saving shocks when needed.

The hidden costs of AED ownership

A study from the *Journal of General Internal Medicine* reports that purchasing AEDs typically costs around \$2,000.⁶

Having the AED on site is the first step, but do employees know how to use it? The AED cost-effectiveness study from the *Journal of General Internal Medicine* shared that on average organizations pay \$270 per year per AED on site for training.⁶

Beyond training, there are other costs that will come with AEDs, including replacing expired batteries and used electrode pads. The *Journal of General Internal Medicine* estimates that it costs \$150 on average every time an AED is used.⁶

Then, there is the financial cost and time required to conduct preventative maintenance of AEDs, including regular inspections, tracking expirations of parts, and keeping up to date on software updates. AEDs need to be well-maintained to work, and someone needs to put the time in to ensure AEDs will work properly when needed.

AED maintenance supports compliance

Having well-maintained AEDs readily available helps build a stronger workplace safety culture — and they help with legal and regulatory compliance.

Most U.S. states have laws governing AEDs in certain settings such as gyms, schools and public buildings. According to the U.S. Centers for Disease Control and Prevention report, 42 states have laws that require maintenance and testing of AEDs.⁷

OSHA does not require AEDs in all U.S. workplaces⁸, but it encourages the installation and training of AEDs and recognizes their value as part of first aid programs and in helping to save lives.¹

All 50 U.S. states have some form of Good Samaritan law that provides liability protection for AED users who act in good faith, but these protections might be conditioned on proper maintenance of the AED.

Documentation and recordkeeping can help keep track of your AED maintenance for compliance support. Cintas, an AED service program provider, offers an online portal that makes it easy for you to access AED inventory, maintenance records and usage.



Get less stress and more confidence with an AED service program

Keep your workplace rescue ready without the extra work or hassle by partnering with an AED provider that provides an ongoing service program like Cintas.

CINTAS AED SERVICE PROGRAM BENEFITS:

- AEDs installed on site
- Monthly service visits that include visual inspections of each AED
- Electrode pads and batteries are checked and replaced as needed
- Updated software
- A dedicated representative follows up with you directly on services provided
- Documentation and record-keeping that helps with compliance management
- On-site and online employee training
- Ongoing maintenance and support
- Monthly fee helps with cost predictability

Get greater peace of mind knowing that your AEDs are well-maintained and **ready™** in the event of an emergency.

SCAN THIS CODE TO LEARN HOW CINTAS CAN HELP



References:

¹ Occupational Safety and Health Administration. <https://www.osha.gov/sites/default/files/publications/osha3185.pdf>

² American Red Cross. <https://www.redcross.org/take-a-class/resources/articles/cpr-facts-and-statistics?srsltid=AfmBOoojQR4ts03Wn2Lwvx8FKHtRrDr6DYLCVYV5hgRphXBG0o5nXji2>

³ American Heart Association. https://cpr.heart.org/en/-/media/CPR-Files/Training-Programs/AED-Implementation/2023-updates/KJ1683-AED-Program-Checklist.pdf?sc_lang=en

⁴ Society for Human Resource Management. <https://www.shrm.org/topics-tools/news/risk-management/aeds-workplace-benefit-burden>

⁵ American Heart Association. <https://cpr.heart.org/-/media/CPR-Files/Training-Programs/AED-Implementation/AED-Guide.pdf>

⁶ Journal of General Internal Medicine. <https://pmc.ncbi.nlm.nih.gov/articles/PMC1494915/>

⁷ U.S. Centers for Disease Control and Prevention. <https://www.cdc.gov/cardiovascular-resources/php/pad-slfs/index.html>

⁸ Occupational Safety and Health Administration. <https://www.osha.gov/aed/standards>

Disclaimer: Customer is solely responsible for conducting its own risk or hazard analysis, for obtaining regulatory guidance, and for choosing the type and number of AEDs needed and the placement of those AEDs at Customer's facilities. Any services provided by Cintas are limited to those explicitly contracted for by Customer. If Customer has entered into a service or maintenance agreement with Cintas, Customer is responsible for notifying Cintas of any faults, alarms, or indications that the AED is not functioning properly between Cintas's periodic service or maintenance visits. Customer is responsible for ensuring compliance with all applicable laws and, if necessary, must obtain a prescription for the AEDs, ensure the AEDs are subject to medical oversight, and take all other necessary steps to comply with applicable law. Cintas is not a healthcare provider and does not issue prescriptions, provide medical oversight, or provide other related healthcare or medical services. Rather, if explicitly contracted for by Customer, Customer receives access to a third-party who can provide a prescription for the AEDs, provide medical oversight, register the AEDs with local EMS, and provide Customer access to the third-party's online software portal.



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