

## The Catholic Mutual Connection

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### AED Awareness

With the recent spotlight on the life-saving importance of accessibility to Automated External Defibrillators (AEDs), now is a good time to brush up on best practices.

#### Purpose

AEDs are life-saving medical devices to be used in the event of sudden cardiac arrest, prior to the arrival of emergency medical services. Always call 911 first.



#### Signs of Sudden Cardiac Arrest

An individual is likely suffering from cardiac arrest if they have trouble breathing or are not breathing, if they are unresponsive, have lost consciousness, and/or have no pulse.

#### Accessibility

Providing an appropriate number of AEDs is important, but just having them in place may not be enough. AEDs should be located in prominent areas with obvious signage.

Please ensure that the location and use of Automated External Defibrillator's (AED's) is part of any new employee or volunteer training, and that the location of the unit(s) is reviewed with employees and volunteers on a regular basis.

#### Maintenance

AEDs **cannot** be used if they have faulty or expired parts, if the victim is wet or lying in water, or if the victim has a medication patch or pacemaker. An AED must be accessible for all sporting events (including practices), and it should be properly maintained in case it is ever needed. We recommend keeping a maintenance schedule to ensure batteries and pads are checked regularly and replaced when needed.

This [CARES document](#) provides more detailed information on how to use AEDs, special considerations when using AED, and tips on the proper maintenance and care of AEDs.

Our Catholic Mutual members are offered preferred pricing on AEDs through Lifeguard MD. Contact your Risk Management Representative for more information.

## Safety Tip



### Defensive Driving

As the weather warms up, more people are venturing out of the house for parish events, volunteer duties, or to simply avoid feeling cooped up.

With that increased traffic comes the threat of distracted driving. Distracted driving is responsible for more than 3,000 deaths per year and 387,000 injuries to drivers, passengers, and innocent bystanders. Focusing only on driving is the best defense against distracted driving and protecting your car and its occupants from other distracted drivers. This document offers more tips on avoiding distracted driving.

It also bears reminding that there comes a time when seniors can no longer safely operate a motor vehicle. Taking away the keys is a sensitive subject and one that is often met with significant resistance. For tips on how to determine if an elderly driver is a safety concern to themselves or others, refer to this CARES document.

Catholic Mutual offers the *Be Smart Drive Safe* training on CMG Connect. We encourage you to share these resources with your staff as an important reminder that safety comes first.

## It's Almost Mission Trip Season!

Mission trips are one of the most anticipated opportunities in a parish, especially for the young people whose world view and Catholic faith is so shaped by the experience. If your parish is planning a trip, it's important that youth ministers, parish administrators, and chaperones are all familiar with our guidelines to ensure a positive and risk-free experience. You can find these guidelines as well as a sample Parent/Guardian Consent Form and Liability Waiver, by clicking [here](#).

## Connect with CMG Connect!

We are constantly updating our online trainings on CMG Connect to ensure that CMG members have the information they need to minimize their risk exposure. Please don't forget to visit [CMG Connect](#) regularly for timely new content... and please don't hesitate to share it with others who would benefit from the information.

To view this newsletter on our website, please click [here](#).

For more helpful information, please visit the Catholic Mutual Group [newsletter archives](#).

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