



North Tahoe and Meeks Bay Fire Protection Districts



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PRESS RELEASE

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Commons Beach Public Access AED Provided by North Tahoe Fire via Tahoe City Public Utility District Agreement

Tahoe City, Calif. Sept. 26, 2019 –North Tahoe Fire and Tahoe City Public Utility District are working to increase the survivability of a cardiac arrest by installing an Automated External Defibrillator (AED) at the popular Commons Beach in Downtown Tahoe City.

During the summer, Commons Beach, located on the North Shore of Lake Tahoe, is home to free "Concerts at Commons Beach" as well as free "Movies on the Beach" every week – attracting thousands of locals and visitors of all ages. The popularity of the four-acre park makes it a prime location for the life-saving AED, which is a sophisticated but easy-to-use automated device that can analyze the heart's rhythm and deliver a life-saving electric shock to the heart in cardiac arrest, restoring the normal heart rhythm. AEDs are designed to be used by the general public, including bystanders with no medical training, by using voice prompts to guide the user through the process.

A person who suffers Sudden Cardiac Arrest outside of a hospital has a 5% chance of surviving. Clinical studies have shown the survival rate increases from 30% to 70% when an AED is available and used on a victim within three minutes from the onset of a cardiac arrest.

More than 460,000 Americans die each year from Sudden Cardiac Arrest, making it a major unsolved public health problem and a leading cause of death in the United States. The most common cause of Sudden Cardiac Arrest is ventricular fibrillation - when the heart's electrical impulses become irregular and the heart is unable to pump oxygen-rich blood throughout the body.

"A special thanks goes to North Tahoe Fire and Meeks Bay Fire Boards of Directors for approving the funding to support this important program," said Battalion Chief of EMS Steve McNamara. "Their support will help to increase cardiac arrest survival in our community."

NTPFD will continue the process of providing two AED units to locations throughout the Meeks Bay Fire Protection District and the North Tahoe Fire Protection District every year. Last June, NTPFD provided an AED to the First Baptist Church of Tahoe City. AED locations are determined by the number of incidents at the location or where large numbers of people gather.

To learn skills to help recognize cardiac arrest, get emergency care on the way quickly, and ways to help a person until EMS arrives, visit the American Heart Association at www.cpr.heart.org.



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