

IF YOU NEED HELP WITH A MEDICAL EMERGENCY WHERE THE VICTIM IS NOT BREATHING AND **CPR** OR AN **AED** MIGHT BE NEEDED

1. **ALWAYS CALL 911 FIRST**, FROM A LAND LINE PHONE IF POSSIBLE, AND ASK FOR MEDICAL RESPONSE (AMBULANCE).
2. IF YOU HAVE TWO PHONE LINES OR A CELL AND SOMEONE ELSE IS WITH YOU WHO CAN CALL, STAY ON WITH 911 AND HAVE THE OTHER PERSON USE THE OTHER PHONE TO CALL SOMEONE FROM THE NEIGHBORHOOD LIST BELOW.
3. IF YOU ARE ALONE WITH THE VICTIM AND HAVE ONLY ONE PHONE, AFTER 911 TELLS YOU HELP IS COMING, TELL THEM YOU WILL CALL RIGHT BACK, HANG UP AND CALL A NEIGHBOR YOU ARE CERTAIN IS HOME AND HAVE THEM CALL PEOPLE ON THE LIST BELOW, THEN CALL 911 BACK IMMEDIATELY.
4. TRY TO GET MORE THAN ONE PERSON FROM THE LIST TO COME. PERFORMING CPR IS TIRING AND IT HELPS IF RESPONDERS CAN TAKE TURNS.

People on the list below are certified in CPR/AED use. If you live on Sunset Lane, Bear Mountain Drive above Sunset Lane, Hawks Circle, Grouse Court, Giant Gulch Road, Independence Trail, Denver View Drive, Columbine Draw, Snowberry Lane, Fern Gulch Road, Olympic Way or Mountain Moss Court,

CALL IN THIS ORDER:

Eldridge	303-679-6556
Nobles	303-679-6030
Lahr	303-670-4634
Muenchow	303-697-9667
Peterson	303-674-8370
Erickson	303-674-7262
Humes	303-670-0501
Petersen	303-565-0290
Wendelberger	303-670-3175
Costello	303-674-8824
Bartman	303-670-8392
Wurster	303-670-6060
Delles	303-674-7317
Hermann	303-670-1439
Craggs	303-495-5664

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If you live on Chris Drive, Bear Mountain Drive below Sunset Lane, High Drive, Stanley Park Road, Burro Lane, Mountain Park Drive, Lone Peak Drive, Loggers Trail, Caldwell Court, Abbey Road or Northwood Drive,

CALL IN THIS ORDER:

Teters	303-674-2508
Edwards	303-807-7975
Painter	303-670-0485
Staub	303-697-6909
Challgren	303-674-6910
Smith	303-674-9024
Metz	303-697-5438

MEDICAL EMERGENCY BACKGROUND INFORMATION. ***READ THIS IN ADVANCE, NOT DURING AN EMERGENCY***

Bear Mountain HOA has more than twenty residents certified in cardiopulmonary resuscitation (CPR) and trained to use an automated external defibrillator (AED). BMHOA has two AEDs, installed where nearly every house on Bear Mountain is within two miles of an AED. They are easy for our trained responders to find and serve all of Bear Mountain Vista. We have a separate list of responders for each half of Bear Mountain. The lists are in order of who is closest to the AED, and thus who should have the quickest response time. Of course, sometimes people are away from home, but responders should be called in the order listed to save response time. Even if you know someone at the bottom of the list and no one at the top, **call in the order listed. Every minute of response time is critical and could mean the difference between life and death.**

Cardiopulmonary resuscitation (CPR) is an emergency procedure for people in cardiac arrest or respiratory arrest. CPR creates artificial circulation using rhythmic chest compressions to manually pump blood through the heart. It usually also involves the rescuer exhaling into the patient to ventilate the lungs and pass oxygen in to the blood. That is called artificial respiration.

Despite its name, CPR alone is unlikely to restart the heart; The main purpose of CPR is to maintain a flow of oxygenated blood to the brain and the heart, which are highly vulnerable to damage from lack of oxygen. CPR can delay tissue death and extend the brief opportunity for a successful resuscitation without permanent brain damage. Advanced life support, including intravenous drugs and defibrillation (the administration of an electric shock to the heart) is usually needed to restore a heart rhythm that will support life. This only works for patients in certain heart rhythms, namely ventricular fibrillation or pulseless ventricular tachycardia, rather than the 'flat line' asystolic patient, although CPR can help induce a shockable rhythm in an asystolic patient.

An automated external defibrillator (AED) is a portable electronic device that automatically diagnoses and treats life threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia. AEDs are not designed to shock asystole ('flat line' patterns) as this will not work. An asystolic patient only has a chance of survival if, through a combination of CPR and cardiac stimulant drugs (which 911 EMS responders have), one of the shockable rhythms can be established, which makes it ***imperative for CPR to be done*** before the arrival of a defibrillator.

CPR is generally continued, usually in the presence of advanced life support (such as from EMS providers), until the patient regains a heart beat (called "return of spontaneous circulation" or "ROSC") or is declared dead.

If you have a medical emergency, always call 911 first! They have much more training and more equipment. **If there is any possibility that CPR might be needed, call to get our neighborhood responders on the scene *after* you call 911.** The 911 dispatcher will send help as soon as possible, but they might be on another call and unable to come immediately, so local responders might be able to get to you faster.

If you are not sure if CPR is needed, always call 911 and us anyway. CPR may help in cases of heart attack, lightning strike or other electrocution, drowning, choking or simply collapse. **When in doubt, CALL!**

If possible, call 911 from a land line phone, not a cell, so the 911 dispatcher can trace your location. The 911 dispatcher will want you to stay on the line. If there is more than one person at home, one should assist the victim while on the phone with 911, and the other should use a cell phone or second line to call for local help. If you are alone with the victim, after you call 911, call a neighbor who you are certain is at home and have that neighbor call people on this BMHOA list while you call 911 back and tend to the victim. You can ask the 911 dispatcher if response might be delayed, Try to get more than one BMHOA local responder to come. CPR is tiring, and it helps if responders can take turns.

The 911 dispatcher will try to instruct you on how to help the victim even if you don't know how, so don't waste time calling people who might not be home. **Every minute without CPR reduces the chance of survival.** If you have a speaker phone, try to use that feature so your hands are free while talking.

Don't waste time calling people on this list yourself—get someone else to do it. Every minute is critical for survival and you don't want to waste time calling people who are not home unless someone else is already performing CPR on the victim.

Remind BMHOA local responders to be sure they do not block driveway access. EMTs may arrive in personal vehicles before the ambulance arrives. EMTs and the ambulance need to be able to get all the way to the house, and hopefully have room to turn around too. If you have enough people available, have someone at the mouth of your driveway to guide all responders in to your house.

We urge you to have large (at least 3 inch), high-contrast address numbers at the mouth of your driveway, with an arrow if necessary to be clear where your driveway is. You don't want responders to have to waste time figuring out which driveway to turn into. Numbers should be clearly visible from both directions if you live on a long road, because a responder might be coming from either direction. If your mailbox is alone at the mouth of your driveway, large numbers on the box will do, but if your mailbox is in a row with a group of others, or across the road from your driveway, a number on the box is useless because it does not show where your driveway is. Reflective numbers are best, because an emergency can happen at night or in fog.