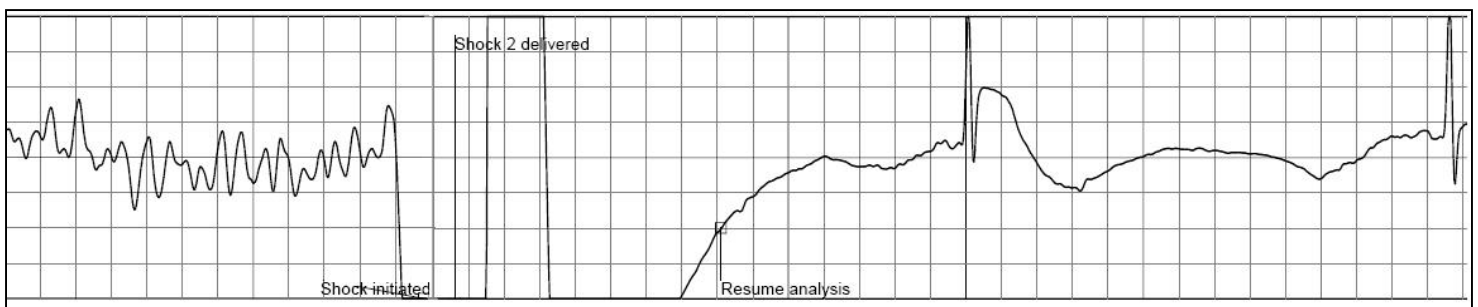


## Ski patrollers and ‘temp’ save life on mountain

Crystal Mountain, WA

Moments after ski patroller Jessica Culver yelled “Clear” and pushed the button that delivered the life-saving shock to her patient, he was regaining consciousness and breathing again. The combination of prompt recognition of cardiac arrest, quick action by Crystal Mountain Ski Patrollers Jessica Culver and Greta Bowen, and appropriate follow-up by the Mountain’s paramedic service made it so a middle-aged guest could go home again after being clinically dead for a few moments. That and a little luck – the guest collapsed 50 feet from an Automated External Defibrillator (AED) station the Mountain had recently set up. The resort has a total of 2600 acres of terrain. Two guests witnessed the event, recognized the problem, called the patrol, and started CPR until they arrived.

“I had always thought the area near the load ramp of that one lift needed an AED” says Brent Okita, Assistant Patrol Director for Crystal Mountain, “and when we got the promotional postcard about renting an AED just for the season, we decided to extend the AED coverage with this one extra unit. Who knew someone would collapse right next to it in a couple of months?”



Ski patrollers use life-saving AED devices to convert lethal rhythms. ECG rhythm conversions such as the example above are possible if AED’s are applied quickly after a patient’s collapse.

AED’s have an excellent chance of restarting a heart affected by a lethal rhythm, but only if used in the first minutes after a collapse. Had the device had to come from a further location, the chance of survival would drop 10% for every minute of delay.

“Seasonal businesses face a lot of expense to purchase AED’s and maintain disposable supplies that expire such as electrodes and batteries” says John Mateus, Programs Director for Less Stress Instructional Services that leases the life-saving devices to seasonal businesses such as ski resorts and summer camps. “Our program allows these outfits to have this life-saving technology for their short seasons at a very reasonable cost. “

The device certainly proved to be life-saving in this case – the patient is expected to make a full recovery.

**Crystal Mountain** is the largest ski area in Washington with 2600 acres and over 50 named runs. Information about Crystal Mountain is available at <http://www.skicrystal.com> or by calling 888-754-6199.

**Less Stress Instructional Services** is an emergency care training and consulting agency that provides training and hardware to a variety of clients all over the United States. Information about Less Stress Instructional Services is available at <http://www.LessStress.com> or by calling 888-277-3671.