

RATIONALE:

All schools and district sites are required to be prepared to address unexpected health emergencies. Each district site will have resources in place to respond to incidents such as cardiac arrest or opioid overdose, ensuring access to appropriate life-saving measures for staff, students, and the public.

DEFINITIONS:

- **Automated External Defibrillator (AED)** – A portable device used to administer an electric shock to the heart and restore the heart's normal rhythm during sudden cardiac arrest.
- **Naloxone (Narcan)** – A pure opioid antagonist. It temporarily reverses the effects of opioids by competing for the same receptor sites. Naloxone is available in BC without a prescription and is administered intranasally or by injection into a muscle.
- **Opioid** – Depressant medication typically used for pain relief that has the potential to slow breathing and heart rate. They may be prescribed or obtained from an illicit market. Common opioids include heroin, fentanyl, oxycodone, codeine, morphine, methadone and hydromorphone.
- **Overdose** – A physiological event induced by the introduction of a substance or substances into the body of a person.
- **Opioid Overdose** – An acute life-threatening event that requires medical assistance. Defined as the body's response to excessive opioids, which results in unconsciousness, respiratory depression and pinpoint pupils.
- **Sudden Cardiac Arrest** – A condition that occurs when the electrical impulses of the human heart malfunction, causing a disturbance called ventricular fibrillation in the heart's electrical rhythm.
- **Ventricular Fibrillation** – Life-threatening arrhythmia characterized by disorganized activity in the heart's lower chambers (ventricles), causing them to quiver instead of pumping blood effectively.

Procedures

1. Automated External Defibrillator (AED)

- 1.1 All schools and district sites will be equipped with at least one AED.
- 1.2 Designated first aid attendants must review the AED manufacturer's requirements for use, maintenance, and inspections (refer to the manufacturer's user manual).

- 1.3 AEDs in schools are intended primarily for use by designated first aid attendants and secondarily for use by staff or members of the general public.
- 1.4 Monthly inspections will be completed during worksite safety inspections by a designated first aid attendant, Safety Committee member, or by the principal.
- 1.5 The Manager of Health and Safety or designate will ensure the following:
 - 1.5.1 AED meet Health Canada's Medical Device Regulations.
 - 1.5.2 AED is approved by the Canadian Standards Association (CSA).
 - 1.5.3 Notification to the Interior Health Authority of the type and location of the AED.
 - 1.5.4 Establishment of procedures for the monitoring and maintenance of the AED.

2. Suspected Opioid Overdose Response
 - 2.1 All schools and district sites will maintain Naloxone kits in designated spots in each facility.
 - 2.2 To treat a suspected opioid overdose in a school setting, a staff member trained in opioid overdose response may administer naloxone to any student or staff suspected of having an opioid-related drug overdose.
 - 2.3 Inspection of the naloxone and ancillary kit items, and monitoring of expiry dates, shall be completed during worksite safety inspections by a designated first aid attendant, Safety Committee member, or by the principal.
 - 2.4 Naloxone will be stored with other emergency medical supplies for easy access when required, and in accordance with the manufacturer's instructions.
 - 2.5 Maintenance and replacement costs of Naloxone kits will be provided by the district.
3. Accessibility
 - 3.1 Life-saving tools should be clearly marked with standardized signage to support easy identification and use.
 - 3.2 Access to life-saving tools should be barrier-free to accommodate diverse user needs.
 - 3.3 Tools should be presented in a non-stigmatizing manner to encourage comfortable and equitable use.
4. Training
 - 4.1 Training on how to use an AED is common with most first aid and CPR courses. The AED will provide voice prompts with step-by-step instructions. A video overview can be viewed here: [How to Use an AED - St. John's Ambulance Canada](#)
 - 4.2 Opioid overdose response training, including the administration of naloxone, can be provided in person, virtually or through online courses. Recommended training resources: [Naloxone Course | Toward the Heart](#)

5. Good Samaritan Act

- 5.1 Under the Good Samaritan Act and Good Samaritan Drug Overdose Act, persons are not liable for rendering emergency care, including the use of an AED or the administration of Naloxone.
- 5.2 Anyone can, at their discretion, provide voluntary assistance to victims of medical emergencies.
- 5.3 The extent to which individuals respond shall be appropriate to their training and experience.