

ZOLL®

CASE STUDY

Fitness Center Staff Go the Extra Mile to Save Member



Joe Saia, a 51-year-old fitness fanatic, has been working out religiously four to five days a week at the Cresco Fitness Center in northern Iowa for the past five years. His standard routine is running a mile, followed by walking to cool

down, then lifting. He usually runs on the indoor track, which circles the workout area. Occasionally, he runs outdoors when the weather is hot to build stamina and endurance—just as he learned in the military.

“This particular day it was over 95 degrees, and I was going to go do the outside gig,” Joe remembers. “It’s roughly a mile and a half with hills, and I enjoy it. But I changed my mind and decided to work out inside. I believe there are no coincidences. I’m a strong believer in God.”

As Joe was finishing his second walk-down and taking a sip of Gatorade, he collapsed. “The whole ironic thing is that I felt exceptionally well that day,” Joe says. “I did an extra half-mile.”

But Josh Moore, a paramedic and certified first responder, saw a different picture. Although Josh didn’t know Joe personally, he often watched him go by on the track when he was on the elliptical machine.

“I noticed that Joe wasn’t his normal self that day,” Josh says. “I thought he might not be feeling well. He was sweating profusely, and he had his arms down by his sides and was struggling.”

About five minutes before Josh was to finish exercising, he heard a big thump. “I thought it was someone dropping a weight on the black rubber mat. Then I thought how I hadn’t heard anyone scream from it dropping on their foot. Right then my wife, who had just finished her workout, started pulling at me and telling me there was something wrong with this guy.”

Josh ran to where his wife was pointing and saw Joe lying on the track. A weight lifter was asking Joe, “You okay? You okay?” Joe wasn’t moving. His pupils were dilated. He was struggling to breathe.

“Joe’s eyes were open and I said, ‘Joe, are you awake?’ Then I felt for his pulse, and I didn’t feel one. I thought, ‘This is not good.’”

Josh immediately began cardiopulmonary resuscitation (CPR) and was about to ask someone to get the automated external defibrillator (AED), when Becky Creger, a front desk employee at the center, ran in with the ZOLL® AED Plus®. She had been alerted that something was wrong by two fitness center lifeguards, who were waving frantically at her as she was exiting the pool area. She grabbed the AED as they called 911.

Once Becky reached Joe with the AED Plus, she opened the case and pulled out the electrodes. Josh hooked Joe up to the AED, turned it on, and the AED Plus immediately advised a shock. “I told everyone, ‘Back away! Back away!’” Josh says.



“No amount of CPR was going to do it for Joe. He was in a life-threatening rhythm that he needed to be converted out of, and the AED was the tool to do it.”

Rescuer Josh Moore

After administering the shock, Josh continued CPR, with the AED Plus giving real-time feedback through Real CPR Help® on the quality of his compressions: “Good Compressions.” After 30 seconds, Josh remembers looking down into Joe’s face and, all of a sudden, seeing his pupils constrict and his eyes blink. Joe then took a giant, deep breath.

“I would bet my left leg on it that the AED saved his life,” says Josh. “I was just there. The AED did the work. I believe early defibrillation is so vital to saving a life. No amount of CPR was going to do it for Joe. He was in a life-threatening rhythm that he needed to be converted out of, and the AED was the tool to do it.”

Joe was transported 50 miles to the Mayo Clinic in Rochester, Minn. While doctors performed tests, Joe reiterated that he had no telltale signs or red flags. The data automatically recorded by the AED Plus during the event helped Joe's doctors diagnose him with an arrhythmia. Joe received an implantable cardioverter defibrillator to help manage any future rhythm problems.

Giving Thanks

When Joe and Josh met again, Joe said, “I thanked Josh for all he’s done. God had him in the right place, at the right time, for the right reason. As I see the big picture, this guy was the best of the best, did everything just as he was taught, did it by the book, and got the best results. I believe I have a lot of unfinished business, so God sees fit to keep me here.”

“I don’t think there’s an EMT or paramedic I know that doesn’t sit there and say there’s a higher power,” adds Josh. “You can’t go through this job without having faith. There is a reason why I was there.”

The Importance of AEDs

Wendy Bohr, assistant manager of the Cresco Fitness Center and a Red Cross certified CPR/AED trainer, was hesitant at first to get an AED for the center. She was afraid of shocking someone mistakenly. The facility staff, along with local medical doctors, strongly recommended purchasing an AED, emphasizing that cardiac arrest strikes suddenly and that an AED is how you prepare for this type of catastrophe. After being trained, Wendy understood that “the AED does all the analyzing and takes all the fear and concern away.” She is now concerned that all area pools do not have AEDs.

“Thank goodness we have the AED Plus,” adds Becky. “Seeing it used and the life-saving power it has, as well as how it walks you through the rescue step by step—it is the best thing ever. Every place where people gather needs to have an AED.”

Joe has the green light to go back to the gym. He’s decided to wait until he’s fully recovered from his surgery so he can power lift. “It will take time to get to where I was, but I believe I can get there.”



The ZOLL AED Plus, the first and only Full-Rescue AED that provides Real CPR Help® for depth and rate of chest compressions, audibly coaches rescuers with prompts that say “Push Harder” or “Good Compressions.” during CPR.

For more information on the ZOLL AED Plus, please call 800-804-4356 or go to www.zoll.com/aedplus.

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