

The most effective way for a bystander to treat sudden cardiac arrest is defibrillation, using an automated external defibrillator (AED). They are safe and easy to use.

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**Emergency Care** Teaching and Training Workplace Training and Compliance Tools

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# AEI

Save a Life

Without a bystander

using an AED for

sudden cardiac arrest,

most cardiac arrest

patients will not survive.

## **How Does It Work?**

A shock from an AED stuns the heart momentarily, stopping all activity, giving the heart a chance to restart normal electrical activity and resume beating effectively.



#### **Anyone Can Use an AED**

AEDs can be used effectively by anyone who can follow visual and voice prompts.

**Every Minute** 

survival decreases by about

For every minute that defibrillation is delayed,

10%. If it is delayed by

more than 10 minutes,

the chance of survival in adults is unlikely.

AMERICAN SAFETY&

Counts





After 10 minutes, survival in adults is unlikely

(<u>)ems</u>



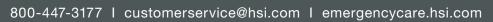
#### **AEDs Are Safe**

and effective and will not shock the heart unless shocks are needed to restore a healthy heartbeat.

### **AED Use Prior to EMS Arrival**

Evidence shows that sudden cardiac arrest victims who received a shock from an AED, by a bystander, prior to the arrival of EMS have up to:







#### Sources:

http://www.suddencardiacarrest.org/aws/SCAA/pt/sd/news\_article/43774/\_PARENT/layout\_details/false https://www.sca-aware.org/about-sca https://www.sca-aware.org/about-sudden-cardiac-arrest/myths-and-facts © 2020 Health & Safety Institute

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First Aid