

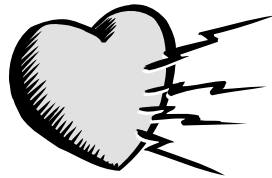
information
quick!

SAFETY 

Quick Guide to AEDs

Automated External Defibrillation

Your Logo
here...



EMERGENCY PROCEDURES

INTRODUCTION

SUDDEN CARDIAC ARREST

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AED — Cover

Quick Guide to AEDs (4 x 6")

The Quick Guide to AEDs works through the emergency procedures for Sudden Cardiac Arrest. Includes First Aid and CPR as well as standard procedures on operation of an Automated External Defibrillator.

Follow nationally recognized standards of care.

What is Sudden Cardiac Arrest

The heart's pumping is coordinated by the heart's own electrical system. This electrical system can malfunction and cause an arrhythmia. Arrhythmias are common and are defined as heart rates that are too slow, too fast or irregular.

Many arrhythmias are harmless, but some can be serious. One rhythm that is life threatening is ventricular fibrillation. When the heart is in ventricular fibrillation, it will stop beating effectively and stop pumping blood to the body. If this condition is not treated immediately, death will result within minutes.

Defibrillation

The only effective treatment for ventricular fibrillation is the delivery of an electrical shock by a defibrillator. Time is critical. Each minute of delay before defibrillation, reduces survival by about 10%.

Heart Attack

Sudden Cardiac Arrest is not the same as a heart attack. A heart attack occurs when the blood supply to the heart muscle is reduced or stopped. This occurs when one of the arteries that supply blood to the heart is blocked by an obstruction - usually plaque.

Risk Factors of Sudden Cardiac Arrest

Heredity, sex, age, race, cigarette smoking, inactivity, high blood pressure, elevated blood cholesterol and uncontrolled diabetes are factors that directly affect a person's risk of having a Sudden Cardiac Arrest.

Although some of these factors cannot be changed, major risk factors such as cigarette smoking, inactivity, elevated blood cholesterol or high blood pressure can be.

Reduce your risk by taking action:

- Stop smoking.
- Exercise regularly and reduce stress.
- Consult medical advice in regards to maintaining a healthy blood pressure and cholesterol levels.
- Be nutrition conscious and maintain an appropriate weight.

Remember: The incidence of having a Sudden Cardiac Arrest increases with the number of risk factors.

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AED — Inside Page