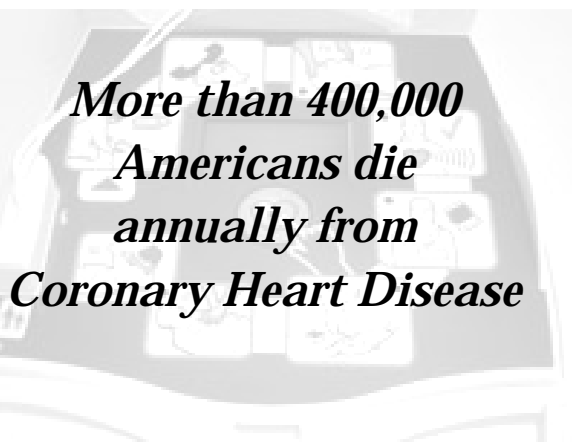




# CPR & AED: Every Second Counts!

[www.ocfa.org](http://www.ocfa.org)

Sudden cardiac arrest can occur any time and without warning. Though the average age of these victims is 65, some are in their 30's or 40's. Most victims experience an abnormal heart rhythm called ventricular fibrillation (VF). When the heart is in this state, it cannot beat in an organized fashion; the heart is unable to pump blood to the body. Sudden cardiac death can occur in minutes unless you act quickly.



***More than 400,000  
Americans die  
annually from  
Coronary Heart Disease***

## **Sudden Cardiac Arrest Does Not Have To Be Fatal!**

When you take a CPR/AED course, you will learn the signs of sudden cardiac arrest and how to activate what the American Heart Association calls "The Chain of Survival" in order to save a life in our community.

### **The adult chain has four links:**

- ♥ Early access to the 9-1-1 system.
- ♥ Early CPR by bystanders.
- ♥ Early defibrillation with an AED by trained bystanders.
- ♥ Early access to advanced care by the paramedics & the hospital.

## **CPR Statistics**

- Effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival.
- CPR helps maintain vital blood flow to the heart and brain and increases the amount of time that an electric shock from a defibrillator can be effective.
- Brain death starts to occur four to six minutes after someone experiences cardiac arrest if no CPR and defibrillation occurs during that time.



## What is an AED?

The automated external defibrillator (AED) is a computerized medical device. An AED can check a person's heart rhythm. It can recognize a rhythm that requires a shock. And it can advise the rescuer when a shock is needed. The AED uses voice prompts, lights, and text messages to tell the rescuer the steps to take.

## How Does An AED Work?

The AED can diagnose and restore a normal heart rhythm to victims of sudden cardiac arrest due to ventricular fibrillation (VF). In the unconscious victim, adhesive pads are placed on the chest by trained individuals to deliver an electrical shock. This shock (or series of shocks) is called *defibrillation*, and it briefly stops all of the heart's electrical activity so the heart can resume normal beating on its own.

## Can I Use An AED?

Absolutely! AED's are very accurate and easy to use. These computerized medical devices are routinely used by lay rescuers in many communities across the United States. In fact, AED's have been placed in buildings, senior centers, fitness centers, sheriff cars and fire engines. Next time you fly, look in the terminal for AED signs or PAD signs (Public Access Defibrillator).



## Be quick! Here are some facts about defibrillation:

- If defibrillation occurs in the first one or two minutes, 90% of sudden cardiac arrest victims in VF survive.
- If defibrillation is delayed for more than ten minutes the survival rate drops to 5% for sudden cardiac arrest victims in VF.

## Why Do I Need CPR Training, Too?

Early CPR is an integral part of providing lifesaving aid to people in sudden cardiac arrest. In addition, the breathing and compression skills learned in a CPR class help to circulate oxygen-rich blood to the brain. Training also teaches the operator how to avoid potentially hazardous situations. A typical class to learn adult CPR/AED is about 3 to 4 hours in length and is available in most communities.

## For More Information

[www.americanheart.org](http://www.americanheart.org)  
[www.oc-redcross.org](http://www.oc-redcross.org)