

SUDDEN CARDIAC ARREST

DO YOU KNOW THE FACTS ?

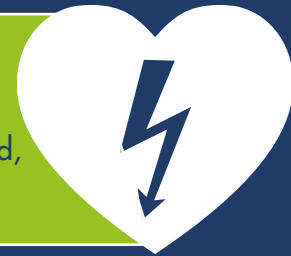


WHAT IT IS

SCA occurs when the heart's electrical system goes haywire (ventricular fibrillation) and stops blood flow from the heart.

WHAT IT'S NOT

SCA is not a heart attack
A heart attack occurs when blood supply to the heart muscle is blocked, but the heart keeps beating.



HOW DO I HELP?

Approximately 50% of SCA victims require defibrillation. All require CPR.

If you perform CPR immediately and use an Automated External Defibrillator (AED) within minutes, you can double or triple a person's chance of survival.

Good chest compressions are essential to move blood throughout the body to protect vital organs. The American Heart Association (AHA) recommends a depth greater than two inches, but not more than 2.4 inches. ZOLL's® AED Plus® with integrated Real CPR Help® guides rescuers with audible and visual prompts to either "Push Harder" or gives them positive reinforcement that they have achieved "Good Compressions."

THE FACTS

SCA



strikes suddenly, anytime, anywhere to anyone even if they appear healthy.



70% of all SCAs happen at home



SCA claims a life every **two minutes**.



Loss of blood to the brain starts to cause brain damage in just **4 minutes**.



After **10 minutes**, it's probably too late



50% of all SCAs are witnessed

Website: http://cpr.heart.org/AHA/ECC/CPRAndECC/AboutCPRFirstAid/CPRFactsAndStats/UCM_475748_CPR-Facts-and-Stats.jsp

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