

PREPARING FOR CARDIAC ARREST

Cardiac arrest occurs suddenly and without warning. We are unable to prepare you for when it will occur and who will be present to help. This guide is for any cardiac arrest whether in the home, at a workplace or in a public area.



If you have more than one person present, attempt to delegate the following tasks:

- Commence CPR
- Call Ambulance (000 – Triple Zero)
- Access and deliver AED to rescuer
- Operate AED
- Rotate person doing CPR every 2mins
- Meet/guide Ambulance to person in cardiac arrest
- Record events
- Management of event including keeping crowds and bystanders back from scene.
- Support bystanders/family members, if in distress



If you are on your own:

- Call Ambulance (000 – Triple Zero)
- Unlock front door (if at home)
- Commence CPR

In all instances, the 000 Operator will send an Ambulance, remain on the phone with you and provide support on what to do including how to do effective CPR and operate the defibrillator (AED).

What to do when a Cardiac Arrest happens



CALL FOR HELP (000)



START CPR

Continue CPR until Ambulance arrives. Rotate person doing CPR every 2 mins, if possible



ACCESS DEFIBRILLATOR (AED) If one is available



ALLOCATE TASKS

if more than one person present



DEFIBRILLATOR (AED) MAINTENANCE

Replace pads & check battery



DEBRIEF!

Seek support for yourself and those present.

Cardiac arrest is a very distressing experience

For workplaces and all community venues, it is vital your premises consider the possibility and response to a medical and cardiac arrest emergency! This can be done through various methods including Risk Assessment and Medical Emergency Planning. Through Management as well as consultation with First Aid Officers & staff, please ensure you consider the following table:



RECOGNITION OF CARDIAC ARREST

DRSABCD & determine:

Unconscious?

Unresponsive?

Absent or abnormal breathing?

If yes to all above,
commence CPR & call 000



GET HELP!

Call 000 (Triple Zero) for Ambulance

- Know your address & phone number
- Know your cross streets
- Provide information to 000 Operator on incident
- Have someone meet/direct Ambulance to person
- Operator will remain on the phone with you!



COMMENCE CPR

Cardiopulmonary Resuscitation (CPR) ensures circulation of blood & oxygen to vital organs including the brain.

Adults:

- 30 Compressions : 2 Breaths
OR Hands Only CPR
- Compression depth 1/3 chest
- 100-120 Compressions per minute
- Complete recoil of the chest
- Rotate rescuers every 2mins, if possible to reduce fatigue and deliver effective CPR

CPR rates are the same for adults, children and babies.



USING A DEFIBRILLATOR (AED)

Access closest AED and turn on/open:

- listen to voice instructions
- Remove person's upper clothes to expose chest area including bra & jewellery*
- Dry patient if wet or excessively sweating*
- If excessive hair, shave hair top right of their chest*
- Apply pads as per instructions (paediatric pads for 1-8 yrs)
- Continue to listen to voice prompts
- If shock is advised: **STAND BACK & DO NOT TOUCH PATIENT**
- Commence 2-min rounds of CPR with AED metronome
- AED will reanalyse person's heart every 2 minutes and will advise if shock is required and continuation of CPR.
- Continue CPR & AED analysis until Ambulance arrives
- If person starts to breathe, place in recovery position & monitor condition (breathing and pulse)
- **LEAVE PADS ON THE PATIENT. ONLY REMOVE ON ADVICE OF AMBULANCE.**

**All AEDs have rescue kit with razor, face shield, wipes, gloves, etc.*



DEBRIEF/POST INCIDENT SUPPORT:

It is important to provide post incident liaison for all involved. Discuss, comfort and support those who witnessed and responded. Seek counselling or support services for you, your colleagues, friends or family, when required.



AED MAINTENANCE:

Notify AED provider that unit has been used. Organise for replacement pads and rescue kit and check battery of unit. Download AED data for manufacturer, Ambulance, Cardiologists or family.