



## Preparing for a Real Life Cardiac Arrest Event

It is vital that your premises consider the possibility and response to a real life medical and cardiac arrest event! This can be done through various methods including through your Risk Assessment and Medical Emergency Planning. Through your Management as well as through consultation with First Aid Officers & staff, please ensure you consider the aspects in the following table:



### Recognition of Cardiac Arrest

DRSABCD & determine:

- Unconscious
- Unresponsive (No Pulse)
- Absent or abnormal breathing

If yes to all above, commence CPR & Send For Help!



### Send For Help!

Call 000 (Triple Zero) for NSW Ambulance

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



### Commence CPR

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

- 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 2 minutes, if possible to reduce fatigue and deliver effective CPR

Rate and depth of compressions should be used for Adults, Children (1-8 years) and Babies.

**Children 1-8 years:** place one or both hands over lower half of sternum.

**For babies <1:** both thumbs over centre of chest with hands encircling chest



### Use of AED (if one is available/ accessible)

- Access closest AED and turn on/open
  - listen to voice instructions
- Remove/cut off person's upper clothes to expose chest area including bra & jewellery \*
- Dry patient if wet or excessive sweat \*
- For males, shave hair top right of their chest, if excessive hair\*
- Apply pads as per instructions (paediatric pads available 1-8 years)
- Continue to listen to voice prompts
- If shock is advised, **STAND BACK & DO NOT TOUCH THE PATIENT**
- Commence 2-minute rounds 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 patient 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 liaison with those involved/ present – discuss, review & console
- Provide access to counselling, support, etc.
- Notification/liason with the person's family members



### AED Maintenance

- Notify AED provider that unit has been used
- Organise for replacement pads & rescue kit
- Potential download event to provide to manufacturer, Ambulance, Cardiologists or family.



Cardiac arrest occurs suddenly and without much warning. We are unable to prepare you for when or if it will occur and who will be present.

If there are multiple people present, delegate tasks and attempt to create a team effort. Every task is important and include:

- Commence CPR
- Call Ambulance (000 - Triple Zero)
- Access and deliver AED to person/rescuer
- Operate AED
- Rotate person doing CPR every 2 minutes
- Meet/guide Ambulance to person in cardiac arrest
- Record events
- Management of event including keeping crowds and other bystanders back from the scene

If you are on your own, the two key steps you need complete are:

- Call Ambulance (000 - Triple Zero) and
- 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 AED.

## TOP 6 THINGS TO DO!

**1**

**Call for Help**



**2**

**Start & continue CPR till help arrives - Rotate every 2 minutes**



**3**

**Access AED if one is available**



**4**

**Allocate tasks if more than one person present**



**5**

**Replace pads and/or battery after use**



**6**

**Debrief!**

