

The First 10 Minutes







More than 60,000
Canadians die from
Sudden Cardiac Arrest
(SCA) annually

66% of SCA occurs
without prior indication of
heart disease

The actions you take in the first **ten minutes**
can be the difference between life and death



Unfortunately, cardiac arrest can happen to anyone, anywhere, anytime.

First Steps

- Ensure you are safe
- Don't move patient unless necessary
- Call 9-1-1
- Stay with patient until help arrives



When to call 9-1-1

- The four Bs
- Chest pain
- SOB
- Head injury
- LOC
- Severe bleeds
- Fractures

What To Do Next

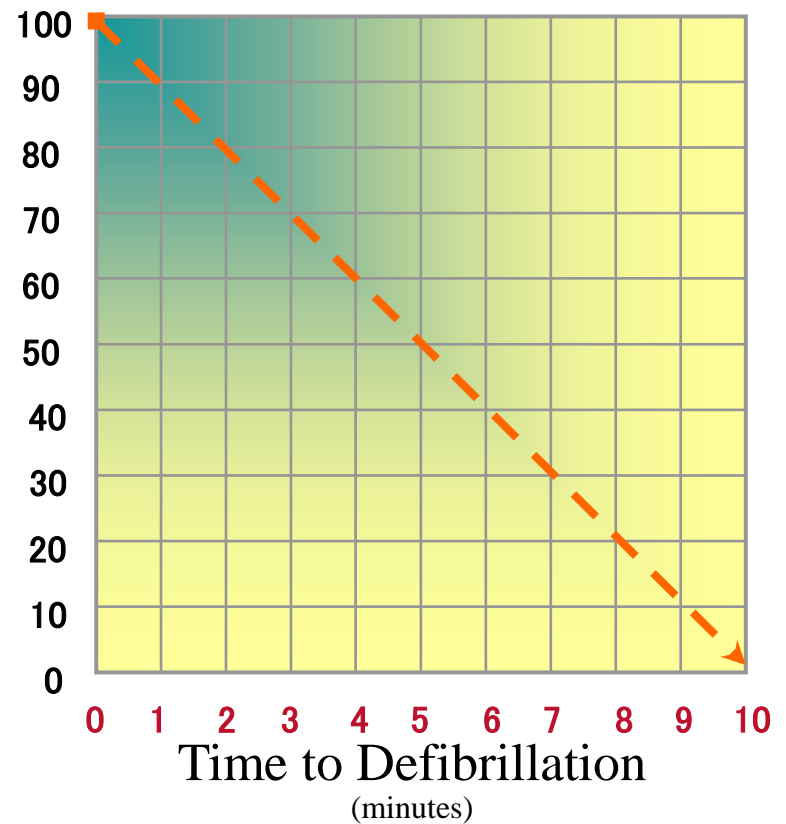
- Head to Toe Assessment
- Personal Protective Equipment (PPE)
- Treat the problem
- Treat for shock
- Try to remain calm



Without a defibrillator, a person's chance of survival drops below 50% within five minutes of SCA

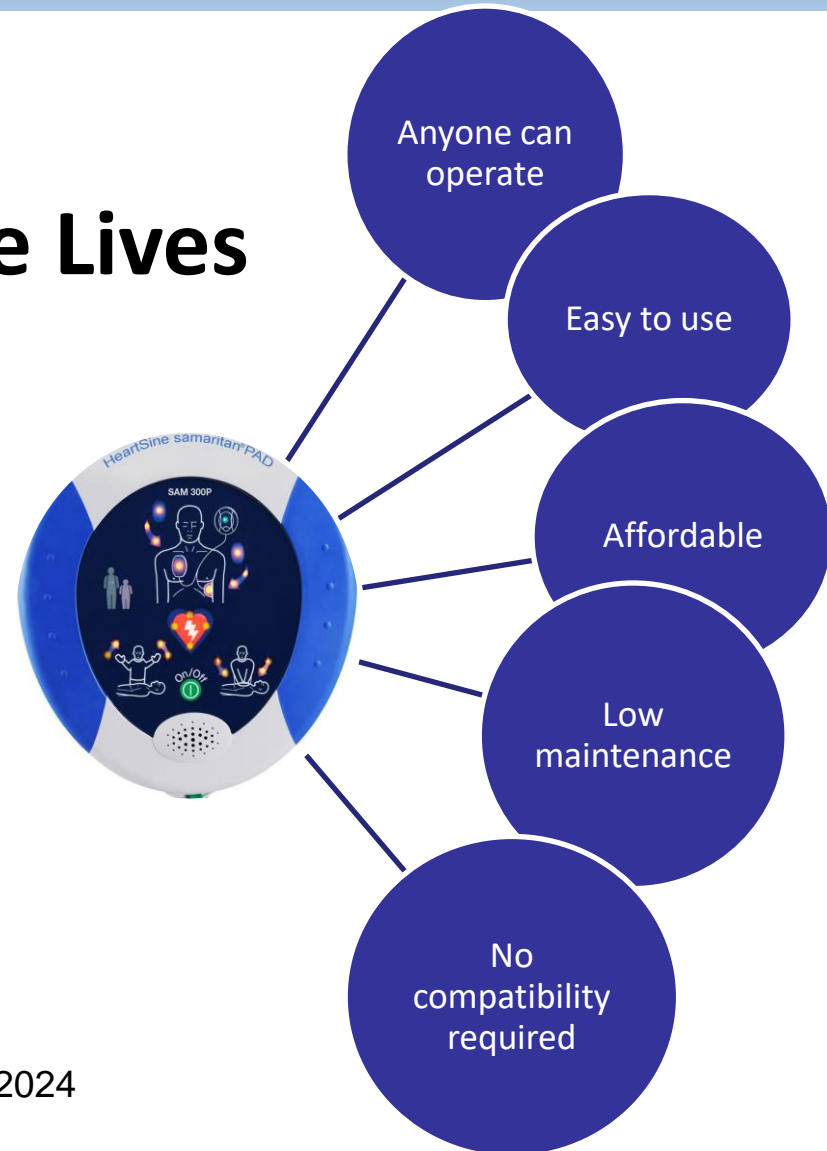
Survival rate decreases 7-10% every minute

Average EMS response time = 8.1 minutes



Automated External Defibrillators (AEDs) Save Lives

Research has shown that AEDs can increase survival rates from **5% to 50%**



Special Cases

- The victim has a hairy chest
- The victim is immersed in water or water is covering the victim's chest
- The victim has an implanted defibrillator or pacemaker
- The victim has a medical patch or other objects on the surface of the skin
- Wire bra / jewelry
- Pregnant



Rescue 7 can keep your team safe!

- ✓ Special rates on AEDs
- ✓ Blended online and traditional first aid courses
- ✓ Health and safety courses



Questions



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OR

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