

Are you AED ready?



Did you know?

- Sudden cardiac arrest (SCA) is one of Australia's leading causes of death.
- Around 33,000 Australians will suffer an out-of-hospital cardiac arrest in the community this year, only 9 percent will survive to leave hospital.¹
- On suffering a cardiac arrest, the victim's chance of survival will reduce by 10 percent per minute that defibrillation is not provided, and the victim presents in a shockable rhythm.² Ambulance response times across Australia are on average greater than 12 minutes.³
- Early intervention by a first responder and early access to a defibrillator can increase chance of survival to as high as 75 percent if the victim is displaying a shockable heart rhythm.⁴
- All elements of the chain of survival are critical to improve the chance of survival for sudden cardiac arrest victims in a workplace or community setting.

CHAIN OF SURVIVAL:



1. CALL 000



2. PUSH



3. SHOCK

How does SCA impact construction?

- Over 85 percent of construction workers are male and 66 percent of cardiac arrests occur in males.⁶⁻⁷
- SCA occurs most frequently in adults in their mid-30s to mid-40s.⁸
- Strenuous physical activity and work-related stress are factors that can contribute to SCA.⁹⁻¹⁰
- Exposure to electricity from machinery or live wires can cause SCA.¹¹

What is an automated external defibrillator (AED)?

AEDs are small electronic devices designed to allow minimally trained people to provide lifesaving defibrillation (electric shock to the heart) to victims of SCA. AEDs are designed to be used by anyone at anytime, and:

- Provide step-by-step instructions to the responder, with some models equipped with CPR coaching.
- Require no formal training.
- Require minimal maintenance and conduct regular self-tests to alert you when maintenance is required.
- Will only provide a shock to a victim who is in cardiac arrest and presents in a shockable rhythm.

What is sudden cardiac arrest?

A cardiac arrest is when your heart stops beating. This means that your brain and vital organs are starved of oxygen; you become unconscious and stop breathing or do not breathe normally. A cardiac arrest is a medical emergency. Every minute counts when a person is in cardiac arrest. Without chest compressions and use of a defibrillator, a person in cardiac arrest will not survive.⁵



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