

SUDDEN CARDIAC ARREST (SCA)

What you need to know

What's the difference between SCA and a Heart Attack?



CARDIAC ARREST
is an ELECTRICAL
PROBLEM of the heart



the person will be unconscious
and not breathing

What should you do?

- Call 111
- Start CPR
- Use a Defibrillator



A HEART ATTACK
is a CIRCULATION PROBLEM
(blocked artery)



the person will probably be
conscious and breathing

What should you do?

- Call 111
- Keep Person Calm

NZ Statistics:

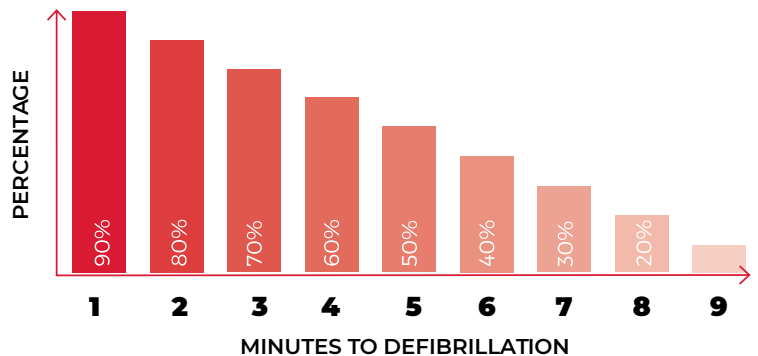
1,881 Kiwis die of Sudden
Cardiac Arrest every year*

An AED can
increase survival
rate by up to

44%



Chance of survival reduces
by 10-15% every minute that
defibrillation is delayed



← 4 minute round trip →



For the best chance of survival an AED
should be located no more than
a 4-minute round trip away.

It takes on average 9 - 12 minutes for
St John to respond with their AED.*



9 minutes

* 2021/2022
Hato Hone
St John OHCA
National Report

Anyone can (and should!) use an AED in the event of Sudden Cardiac Arrest.