

SUDDEN CARDIAC ARREST

What you need to know

What's the difference between Cardiac Arrest 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:

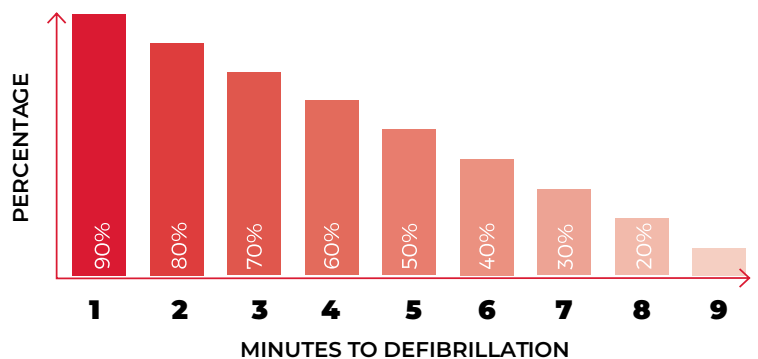
1760 Kiwis die of Cardiac Arrest every year*

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 8 - 12 minutes for St John to respond with their AED.*



7 minutes

* 2019/2020 St John OHCA Annual Report

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