



The Facts about Sudden Cardiac Arrest

- Sudden cardiac arrest (SCA) strikes an estimated 295,000 Americans each year and 80% of SCA events occur in the home.
- Nationally, 92% of those who suffer SCA die before reaching the hospital.
- Improved survival rates require a collective community response by the general public, first responders, EMS services and in-hospital caregivers.
- Success begins with bystanders.
- Everyone should recognize and know how to call 911, start chest compressions and how to find and use an AED.

Our goal is to train as many community members in Adult Hands-Only Bystander CPR as possible. Communities with higher CPR participation have increased survival, as CPR before the arrival of professional rescuers doubles the chance of survival for a victim of sudden cardiac arrest.

Join others in your community and learn Adult Hands-Only Bystander CPR. The classes are free and take less than an hour. You can save someone's life.

For more information on finding instructors in your area please visit: <http://dphhs.mt.gov/publichealth/EMSTS/cardiaready/MontanaHeartRescueCPRTraining>



<http://dphhs.mt.gov/publichealth/EMSTS/cardiaready/ontanaHeartRescueCPRTraining>

IF SOMEONE SUDDENLY COLLAPSES...



CALL 911

- Shake the person and shout, "Are you OK?"
- If others are with you, tell them to call 911 and find an AED
- If alone, call 911 and listen for further instructions.



PUSH HARD & FAST ON CHEST

- If the person is unconscious and not breathing normally (gaspings, moaning), lie them on the floor face up
- Place one hand on top of the other on the center of the chest
- With straight arms, push **HARD** and **FAST** at a rate of 100 times per minute, allowing the chest to recoil each time
- Keep pushing until help arrives



USE AN AED

- If an AED is available, turn it on and follow the instructions
- Otherwise, continue CPR until help arrives.

NOTE: For unconscious children (age 8 or under), or for adult victims of drowning or choking, start regular CPR by pushing 30 times on the center of the chest followed by 2 mouth-to-mouth breaths. However, even in those cases, hands-only CPR is better than doing nothing.



Montana
HeartRescue

<http://dphhs.mt.gov/publichealth/EMSTS/cardiaready/MontanaHeartRescueCPRtraining>

My father had sudden cardiac arrest right after a very hard workout. Luckily someone at his gym knew CPR. That man saved my dad's life. Without that man, I would not know how to ski or fish or all the other things my dad teaches me. My dad lives but without CPR he would not be at the dinner table tonight.

Help CPR spread so other people can be saved like my dad.

Annie
Age 9