

HOW TO

HELP SAVE A LIFE

WHAT IS SUDDEN CARDIAC ARREST?

Sudden cardiac arrest (SCA) occurs when the heart stops abruptly, without warning, due to an electrical abnormality.

SCA IS A LEADING CAUSE OF DEATH IN THE US, KILLING MORE THAN 350,000 PEOPLE A YEAR.

LESS THAN 10% SURVIVE.

WHAT TO DO IF YOU SEE SOMEONE SUDDENLY COLLAPSE.

First, check to see if the victim is responsive. If not, take these

3
EASY STEPS

1



Call 911

Have them send help. Stay on the line and listen for further instructions.

2



Start Chest Compressions

CPR can more than double a victim's chance of survival.

3



Use an AED

(automated external defibrillator)
Using an AED to shock the heart back into rhythm can further maximize the chance of survival.

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