

Sudden Cardiac Arrest and Heat Related Emergencies

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Sudden Cardiac Arrest (SCA)

- Affects over 200,000 people in the US each year.
- SCA ***used to be*** 100% fatal. No real opportunity for survival.
- AED's ***used to be*** not widely available
- Lay persons (us) or Bystanders unable to comprehend CPR scope and practice
- Commitment by people everywhere to improve outcomes, and let folks go home to their families by giving them a real shot at survival!

911 activation:

- Where
 - Location of the emergency
- What
 - What is the problem
- When

[Link to video](#)

Cardiac Arrest

- Rule #1: Recognize a person in distress!
- Rule #2: DO SOMETHING!



Cardiac Arrest: Heart is NOT beating, blood is
NOT flowing to brain and other organs / NOT
Breathing

[Link to Video](#)

Hands-Only CPR

- Who has heard of “Hands Only CPR”?
- Don't need to put your mouth on anyone!
 - Hands on Chest, continuous compressions until help arrives

Simplifying to hands-only CPR

Experts now believe an adult who suddenly collapses due to cardiac arrest has enough air in his lungs and blood during CPR and doesn't need mouth-to-mouth breathing.

If you see someone collapse ...

... have
someone
call 911.

Position
unresponsive
adult.

Use an
automated external
defibrillator if available.
Keep CPR interruptions to a minimum.



Begin hands-only CPR
with straight arms and
forceful compressions
at about 100 a minute.

Lift hands slightly
after each to allow
chest to **recoil**.

Take turns with
a bystander until
emergency
medical services
arrive.



10 SONGS TO SAVE A LIFE



American
Heart
Association®

life is why®



Rock Your Body - Justin Timberlake - 101 BPM



Hips Don't Lie - Shakira - 100 BPM



Work It - Missy Elliot - 102 BPM



Hold On, We're Going Home - Drake - 100 BPM



Girls Just Wanna Have Fun - Cyndi Lauper - 120 BPM



Billie Jean - Michael Jackson- 117 BPM



MMMBop - Hanson - 105 BPM



Dancing Queen - ABBA - 101 BPM



Ride with Me - Nelly - 114 BPM



Sitting On The Dock Of The Bay - Otis Redding - 104 BPM

AED

- Automated External Defibrillator
- Send someone to get an AED
 - Look for them like the “EXIT” sign everywhere you go

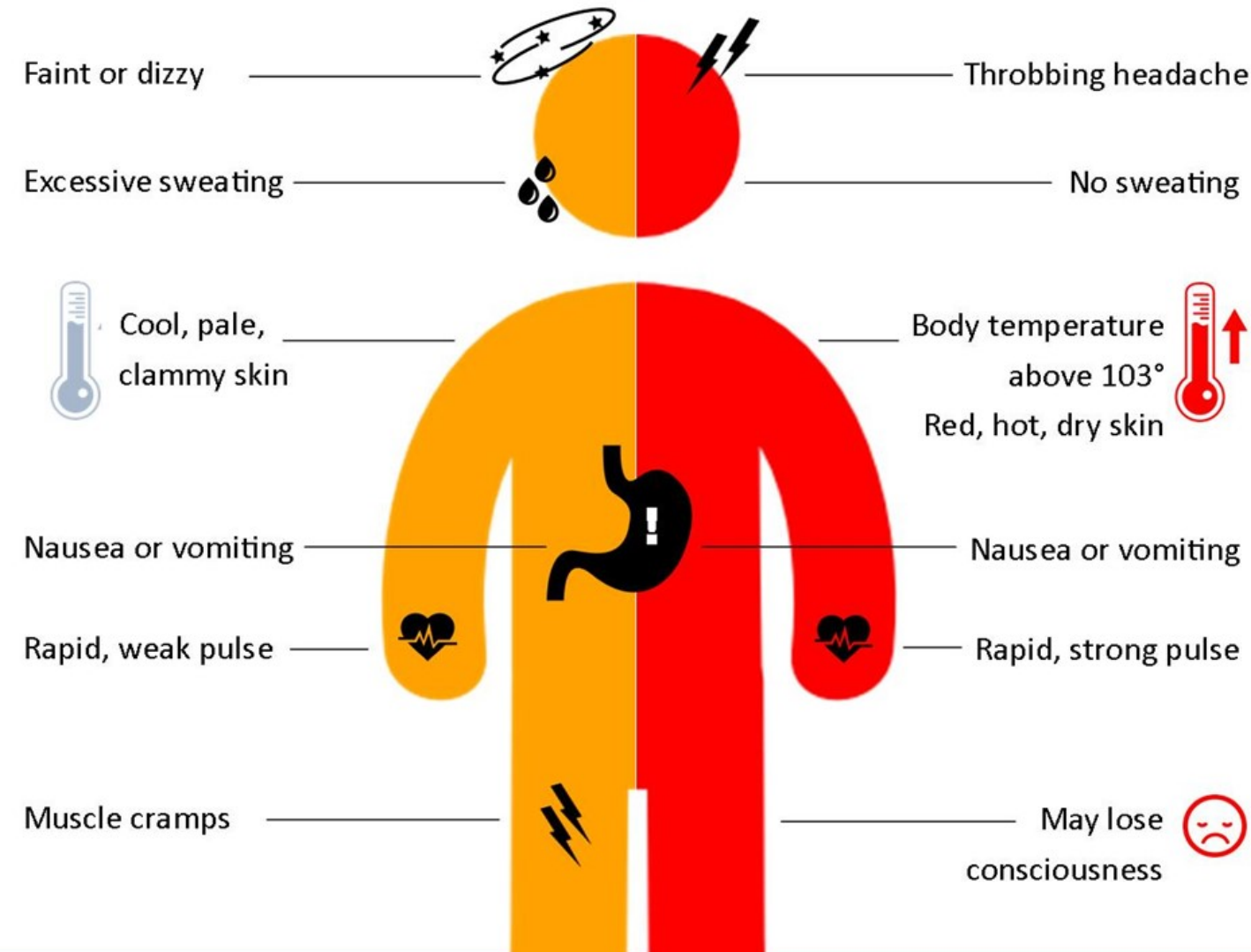


Heat Emergencies

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives



Weather.gov/socialmedia
Weather.gov/heat



@SacramentoOES
SacramentoReady.org

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First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1

» **CALL 911 IMMEDIATELY**

2

» **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**

3

» **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

Headache or nausea
Weakness or dizziness
Heavy sweating or hot, dry skin
Elevated body temperature
Thirst
Decreased urine output



Take these actions:

- » Give water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care if needed

The End.