

CARDIO PARTNERS

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WHAT IS SCA?

Sudden Cardiac Arrest, or SCA, is a condition where the heart suddenly and unexpectedly stops beating. This causes the blood to stop flowing to the brain and other vital organs of our body, as the heart is no longer able to pump and allow the blood to flow normally. When SCA occurs, it can lead to death within a matter of minutes.



EARLY CPR IS IMPORTANT

When you find a victim suffering a cardiac arrest, it is important to start CPR as soon as possible. It is important to be trained on how to perform CPR and how to use an AED to respond in the event of a cardiac arrest emergency. Knowing how many compressions and how many breaths to perform is important, but being training in CPR also teaches you other important things to look for such as the rising of the chest when providing breaths, and how fast and deep you should push with compressions. When performing CPR, it is important to also alert someone to grab the AED machine and to call 9-1-1 so EMS can arrive quickly.

PERFORMING HANDS ONLY CPR

You can perform CPR until the AED arrives to help give the victim a better chance of survival. Below are steps to follow for hands only CPR.

- Position the victim's body on a firm flat surface, such as the floor, and kneel next to the victim to check for responsiveness.
- If victim is unresponsive and is not breathing, start performing CPR by placing your hands in the correct position on the victim's chest. Make sure that your shoulders and elbows are as straight as possible to give the maximum effort for compressions.
- Give 30 compressions making sure to push hard and fast at the rate/speed of at least 100 compressions per minute, and a depth of at least 2 inches. Make sure to fully release after each compression on the chest without moving your hands or changing hand positions.
- After providing 30 compressions, open the airway by tilting the victim's head and give 2 rescue breaths lasting 1 second each. Be sure to watch the chest to ensure that you see the chest rise and fall with each breath.
- Continue the process of 30 compressions and 2 breaths until the AED or advanced help arrives.

TRAINING OPTIONS

Cardio Partners has over 500 instructors nationwide to assist your company with your CPR training needs. We offer traditional classroom style classes, and blended learning classes through American Red Cross and American Heart Association. The certifications provided are valid for 2 years and provide the confidence needed to save a life in an SCA emergency.

*If you have any questions regarding CPR/AED training, AED program management, or further information, please reach out to Brian Leonard:
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