

CARDIAC ARREST

KNOW HOW TO SAVE A LIFE

According to the Heart and Stroke Foundation, more than 45,000 Canadians suffer a sudden cardiac arrest (SCA) every year. During cardiac arrest:

- The heart stops beating.
- Blood flow to the brain and vital organs is cut off.
- If the heart is not restarted within a few minutes, brain damage and death will occur.

Less than 5 per cent of SCAs outside a hospital survive because of delays in recognizing the cardiac emergency and access to appropriate care.

Memorial University recently installed 60 AEDs in buildings on the St. John's campus with a plan to have at least one AED in every building on all campuses.

Using an AED and performing cardiopulmonary resuscitation (CPR) in the first three minutes of cardiac arrest can increase the chance of survival by up to 75 per cent.

Know where to find an AED in your building.