

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.



HeartRescue
PROJECT



Visit HeartRescueNow.com to test your life-saving skills and to learn more about sudden cardiac arrest.

Source: American Heart Association, New England Journal of Medicine (NEJM)