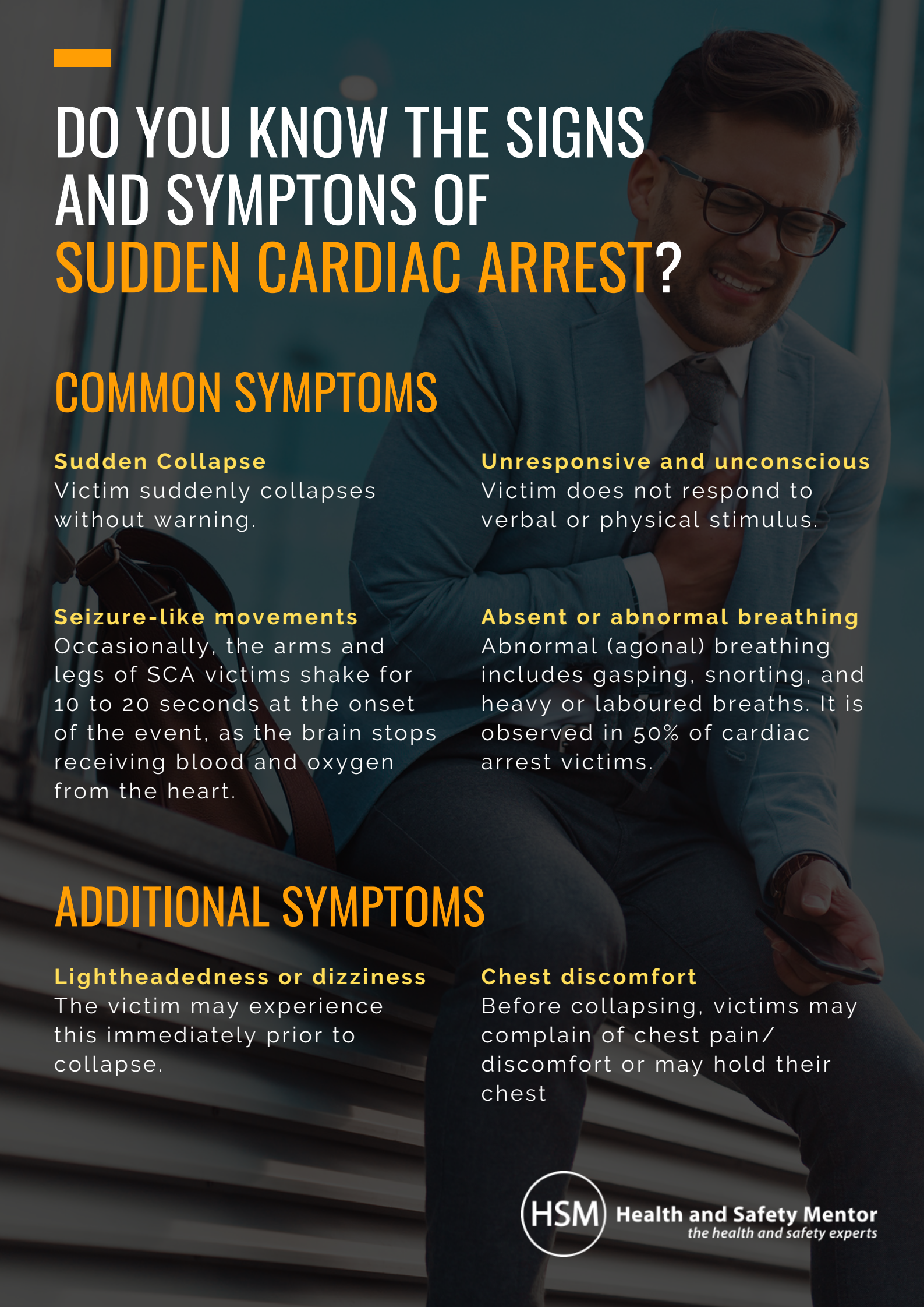




DO YOU KNOW THE SIGNS AND SYMPTOMS OF SUDDEN CARDIAC ARREST?

COMMON SYMPTOMS

Sudden Collapse

Victim suddenly collapses without warning.

Unresponsive and unconscious

Victim does not respond to verbal or physical stimulus.

Seizure-like movements

Occasionally, the arms and legs of SCA victims shake for 10 to 20 seconds at the onset of the event, as the brain stops receiving blood and oxygen from the heart.

Absent or abnormal breathing

Abnormal (agonal) breathing includes gasping, snorting, and heavy or laboured breaths. It is observed in 50% of cardiac arrest victims.

ADDITIONAL SYMPTOMS

Lightheadedness or dizziness

The victim may experience this immediately prior to collapse.

Chest discomfort

Before collapsing, victims may complain of chest pain/discomfort or may hold their chest



Health and Safety Mentor
the health and safety experts

ACT FAST

With sudden cardiac arrest, It's vital that you act when you see these signs and symptoms.

HOW CAN YOU HELP?

Call emergency services immediately

Perform high-quality CPR

Push hard and regularly on the victim's chest to help move blood through the heart to the rest of the body. Aim for 100-120 compressions per minute with a depth of 5-6 cm.

Use an Automated Defibrillator

If available connect the victim to an automated external defibrillator (AED) and follow the visual and audio prompts. If no AED is available, continue performing CPR until emergency medical services arrive



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