



**How do you learn to become a first aider and to use a defibrillator at CERN?**

**At CERN, members of the personnel can follow two types of first aid course:**

- First Aid, 8h Basic Course, given by GS-FB in English and French

- First Aid, 4h Refresher Course, if basic course followed > 3 yrs ago, given by GS-FB in English and French

<http://hr-training.web.cern.ch/hr-training/default.asp>

➤ [HR](#) > [Training](#) > [Safety](#) > [First aider](#)

**Early intervention, before the arrival of the emergency services, is crucial. Knowing the basic principles of first aid will help you to be more effective in saving a life, notably that of a victim of cardiac arrest.**

**The 11 defibrillators placed in public areas are to be found here:**

- **Building 30 et 112**, on the first floor where the two buildings meet;
- **Building 33**, left of the CERN shop, at the Microcosm entrance;
- **Building 39**, to your left at the hostel reception;
- **Building 40**, to the left as you enter, behind the counter;
- **Building 80** (Globe), upper level, next to the pharmacy box and telephone;
- **Building 500** (restaurant n.1) across from the Bank, on the right-hand pillar as you go up the stairs to the amphitheatre;
- **Building 504** (restaurant n.2) on the right as you go up to INTERFON;
- **Building 866** (restaurant n.3) in the central hall, ground floor;
- **Building 867**, at the centre of the building (in a controlled area);
- **Building 969**, on the escape breathing apparatus training grounds;
- **Building 874**, in the entrance at the back of the CCC;

See: MAPCERN (scale  $\geq 1:2500$ )

Links:

<https://espace.cern.ch/Medical-service/default.aspx>

<https://gs-dep.web.cern.ch/gs-dep/groups/FB/>



# Cardiac arrest

**Cardiac arrest is not a fatality, lives can be saved!**

**Acquire life-saving skills and learn how to use a defibrillator at CERN**

BE PREPARED!



# Cardiac arrest is not a fatality!

• In recent years, the survival rate after cardiac arrest in France has increased from 2-4% to 10-15%, as more automated external defibrillators (AED's) are made available to the public. In the United States and other anglophone countries, where AEDs have been in place for many years, survival rates are between 20 to 50 %. Following a few basic steps can increase the casualty's chance of surviving cardiac arrest.

**1 minute lost  
=10% less chance  
of survival**



**What is cardiac arrest?**

Cardiac arrest usually occurs following a malfunction of the heart: fibrillation. The heart's rhythm becomes chaotic and it loses its ability to circulate blood and therefore oxygen through the body.



**How do you recognise cardiac arrest?**

It strikes rapidly: the victim becomes unconscious and stops breathing within seconds. Early warning signs up to a month before the event could include: chest pain, shortness of breath or palpitations.

## 3 steps to save a life

1



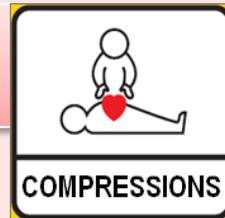
**CALL**

**CERN: 74444**  
or 0041227674444

Switzerland : **144**  
France : **15**  
Europe : **112**

**CALL THE EMERGENCY SERVICES:** the sooner they arrive, the greater the chance of survival for the victim. Call, or have someone call **74444** as soon as possible.

2



**COMPRESSIONS**

**CHEST COMPRESSIONS:** Push down with both hands on the centre of the chest, to a depth of 5-6cms, maintaining a regular rhythm (100/min). This keeps organs oxygenated.

3



**DEFIBRILLATE**

**DEFIBRILLATE:** Anyone can safely use an automated external defibrillator (AED). This machine assesses the heart's rhythm and delivers an electric shock **ONLY WHEN NEEDED** to restore the victim's normal heart rhythm .

Ideally, defibrillation should be carried out in the first 5 minutes following cardiac arrest.



In order to improve the response given to cardiac arrest victims on the CERN site, the Medical Service and the Fire Brigade have had 11 automated external defibrillators installed in heavily frequented, public areas (see list); in addition to the 11 defibrillators situated close to the main experimental caverns. The box containing the defibrillator is freely accessible to any witness of a cardiac arrest.



**What is a defibrillator?**

A defibrillator is a machine which helps restore the heart's rhythm following cardiac arrest, by delivering an external, electric shock.

**« If cardiac arrest is suspected, don't hesitate to use it! »**