

♥ WHAT IS CARDIAC ARREST?

Cardiac arrest is a leading cause of premature death. There are around 700 000 cases of cardiac arrest in Europe every year, but with immediate treatment, many lives can be saved.

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

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♥ HOW DO YOU RECOGNISE CARDIAC ARREST?

It strikes rapidly: the victim becomes unconscious and stops breathing within seconds: **if a person is unresponsive and is not breathing normally, suspect cardiac arrest.**

Early warning signs up to a month before the event could include: chest pain, shortness of breath or palpitations.

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«If cardiac arrest is suspected, don't hesitate to use the defibrillator»

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Early intervention, before the arrival of the emergency services, is crucial; following a few basic steps can increase the casualty's chance of surviving cardiac arrest.

Safety Training :



<http://safety-training.web.cern.ch/>

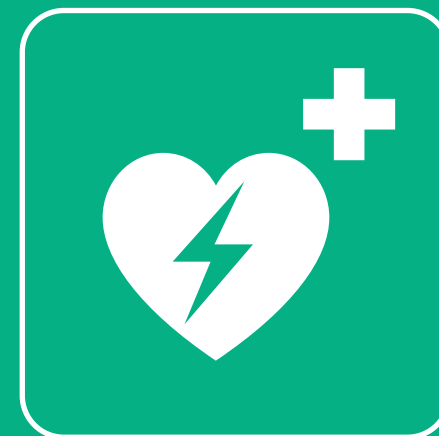
Medical Service :



<https://medical-service.web.cern.ch/>



HSE
Occupational Health & Safety
and Environmental Protection unit



DEFIBRILLATOR

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

**BE PREPARED!
YOU CAN MAKE A
DIFFERENCE**

♥ WHAT IS A DEFIBRILLATOR?

A defibrillator (Automated External Defibrillator, AED) is a device which helps restore the heart's rhythm following cardiac arrest by delivering an external electric shock (defibrillation). AEDs are easy to use, compact, portable and very effective.

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♥ WHO CAN USE A DEFIBRILLATOR?

Anyone! Defibrillators are designed to be used by the general public; they guide the operator with verbal instructions and visual prompts. AEDs are very safe and reliable – they will not allow a shock to be given unless it is needed. The rapid use of AEDs by bystanders can dramatically increase survival rates following cardiac arrest; if defibrillation is carried out within 3-5 min of collapse, survival rates can be as high as 70%.

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In recent years survival rate after cardiac arrest in France has increased from 2-4% to 10-15%, as more AEDs are made available to the public. In countries where AEDs have been in place for many years and where public awareness is high, survival rates are between 20 to 50%.

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**Every second counts!
1 minute lost = 10% less chance
of survival**

CHAIN OF SURVIVAL 3 STEPS TO SAVE A LIFE:

1 - CALL THE EMERGENCY SERVICES:



CERN : 74444 / +41227674444
EU : 112
CH : 144
FR : 15

The sooner they arrive, the greater the chance of survival for the victim. Call, or have someone call **74444** as soon as possible.

2 - CHEST COMPRESSIONS:



Push down with both hands on the centre of the chest, to a depth of 5-6cms, maintaining a regular rhythm (100-120/min). This keeps organs oxygenated.

3 - 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.

There are more than thirty defibrillators at CERN, situated in heavily frequented or isolated areas or near the experimental caverns.

To find out where they are located see:
MAPCERN (scale $\geq 1:2500$)
<http://cern.ch/go/F8jl>

For further information:
<http://medical-service.web.cern.ch/defibrillators-aed>

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♥ HOW DO YOU BECOME A FIRST AIDER?

First Aid courses are offered at CERN but these are not open to all; certain criteria have to be met. We suggest that you contact your DSO or LEXGLIMOS to verify whether you could be eligible. Otherwise, please also note that several organisms provide first aider training outside CERN.

In France, the organisations accredited to dispense first aider training are listed on the website of the "Prefecture" of each "Département" and in Switzerland, you will get all the information by visiting the website of the "inter-association de sauvetage"
<http://cern.ch/go/6TD6>

If you have followed a non CERN first aider training we would be grateful if you could inform your DSO or LEXGLIMOS about this fact so that we can register you in our first aider database.

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