



SUDDEN CARDIAC ARREST

Cardiac arrest can happen at any time and at any age. It happens when the heart suddenly stops pumping enough blood to circulate oxygen to the body.

PREVENTING SUDDEN CARDIAC DEATH

No estimates of the sudden death rate in Canadian children have been published but a pre-existing history of cardiac symptoms or a positive family history for sudden death is often identified in these patients.

IMPORTANT QUESTIONS TO ASK BEFORE PARTICIPATION IN SPORT:

- Do you experience shortness of breath with exercise more often than other children of the same age?
- Do you experience poor exercise tolerance in comparison with other children?
- Have you ever fainted?
- Do you have seizures with exercise, startle, fright or hyperventilation?
- Does your heart race without any reason?
- Do you feel like fainting when you exercise?
- Do you experience chest pain when you exercise?

IS THERE A FAMILY HISTORY OF THE FOLLOWING MEDICAL CONDITIONS?

Long QT syndrome
 Wolff-Parkinson-White Syndrome
 Cardiomyopathy
 Heart Transplant
 Pulmonary hypertension
 Unexplained car accidents or drowning
 Implantable defibrillator
 Sudden infant deaths

If the answer is yes to any of the previous questions the athlete should see a doctor before participating.

CARDIAC ARREST IS A MEDICAL EMERGENCY.

The odds of surviving a cardiac arrest greatly improves if someone performs CPR right away. When CPR is combined with an Automated External Defibrillator (AED) and used within the first few minutes of cardiac arrest, it can increase the chance of survival by as much as 75 per cent over CPR on its own.



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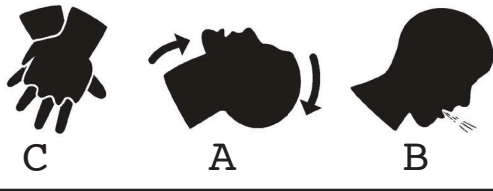
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HOW TO PERFORM CPR

If you encounter a person who is unresponsive and not breathing or not breathing normally immediately contact 911 or your local emergency number and begin CPR.



C - Compressions - Push hard and fast in the centre of chest for 30 compressions

A - Airway - Tilt head back, lift chin to open the airway

B - Breathing - Give two mouth-to-mouth breaths. Repeat cycles of 30 compressions and two breaths. If an AED is available, have someone bring it to you as quickly as possible.

YOU CAN USE AN AED. IT'S AS EASY AS 1,2,3!

If you encounter a person who is unresponsive and not breathing or not breathing normally immediately contact 911 or your local emergency number and begin CPR. If an AED is available have someone bring it to you and assist you with following the directions for use below.



1. Turn power on. Either open the lid or press the power button, depending on the model.

2. Attach AED pads. Look at the picture on the AED pads; place them exactly as shown in the picture.

3. Shock if necessary. The machine will tell you to press the flashing button if necessary, or continue CPR if no shock is advised.

Heart and Stroke Foundation recommends that everyone learn the core skills of CPR.



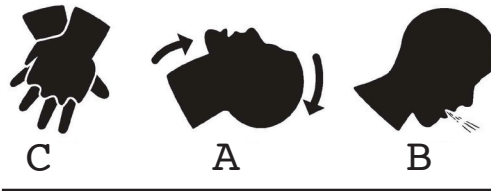
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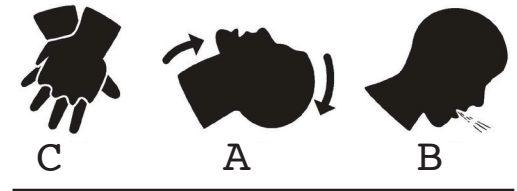
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