Cardiac arrest is not a fatality!

- The survival rate after cardiac arrest is estimated at 2 to 4% in France against 20 to 50% in the United States or other anglophone countries where the automated external defibrillator is available to the public.

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 the blood and therefore the oxygen through the body.

How do you recognise cardiac arrest?

The victim is unconscious and is not breathing. Warning signs include: chest pain, often described as squeezing or crushing, shortness of breath or palpitations.

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.

CHEST COMPRESSIONS: Push down with both hands on the centre of the chest, to a depth of 4-5cms, maintaining a regular rhythm (100/min). This keeps organs oxygenated.

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.
In order to improve the response given to cardiac arrest victims on the CERN site, the Medical Service and the Fire Brigade have had 10 new automated external defibrillators installed, in heavily frequented areas (see list). The box containing the defibrillator is freely accessible to any witness of a cardiac arrest.

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

- First Aid, 12 h Basic Course, given by GS-FB and GS-Me, in English and French
- First Aid, 4h Refresher Course, if basic course followed > 3 yrs ago, given by GS-FB and GS-Me, in English and French

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.

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.

If cardiac arrest is suspected, don’t hesitate to use it!

The 10 new automated external defibrillators are found here:

- Building 80 (Globe), upper level, next to the pharmacy and telephone;
- Building 33, left of the CERN shop, at the Microcosm entrance;
- Building 60, across from the Bank, at the right-hand pillar as you go up the stairs to the amphitheatre;
- Building 40, to the left as you enter behind the counter;
- Building 39, to your left at the hostel reception;
- Building 504 to your left as you go up to INTERFON;
- Building 30 et 112, at the ground floor where the two buildings meet;
- Building 866, at the Restaurant 3 entrance on the Prévessin site;
- Building 874, in the CCC reception area, to the left behind the counter;
- Building on the escape breathing apparatus training grounds on the Prévessin site.

Links:

https://espace.cern.ch/Medical-service/default.aspx
https://gs-dep.web.cern.ch/gs-dep/groups/FB/

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