

SHOCKINGLY SIMPLE

— ECG — RESTART A HEART — ECG —

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SHOCKINGLY SIMPLE WAYS YOU CAN RESTART A HEART AND SAVE A LIFE

SUDDEN CARDIAC ARREST (SCA) IS A SERIOUS CONDITION THAT CAN HAPPEN TO ANYONE, ANYWHERE, AT ANY TIME



1. KNOW HOW TO RECOGNIZE SCA

Sudden Cardiac Arrest is *not* a heart attack. It's a condition that causes the heart to suddenly stop beating and prevents blood from flowing to the brain and organs. When SCA happens, a person is:

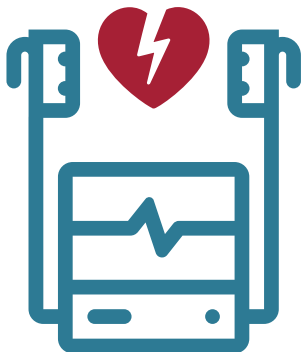
- *Unresponsive*
- *Not breathing normally (or at all)*

If you see this happen, you need to act fast! For every minute that passes without CPR and defibrillation, the chance of survival decreases by as much as 10%¹. Call 911, start chest compressions and find an Automated External Defibrillator (AED).



2. GET AN AED FOR YOUR WORKPLACE

An AED is a device that delivers an electric shock to the heart. To make sure you're prepared if an employee or patron experience SCA, **business owners should get an AED for their workplace**. If a device isn't available, employees should talk with HR or property management about purchasing one.



3. IF YOU BUY AN AED, REGISTER IT

AEDs only work if you can find them. Registering an AED is a big step toward knowing the location. Registering online takes less than 15 minutes and allows you to:

- *Receive guidance from a Medical Director about using an AED*
- *Add your device to the King County AED registry so 911 dispatchers can match an SCA victim's location to the nearest AED*

4. MAKE SURE AN AED IS EVERYWHERE YOU ARE

Check to see if there's an AED at your gym, school, apartment building... everywhere you and your loved ones go. If one isn't available or nearby, talk with the property manager about buying one.



FOR MORE INFORMATION ON PURCHASING, REGISTERING AND MAINTAINING AN AED, VISIT KINGCOUNTY.GOV/AED

