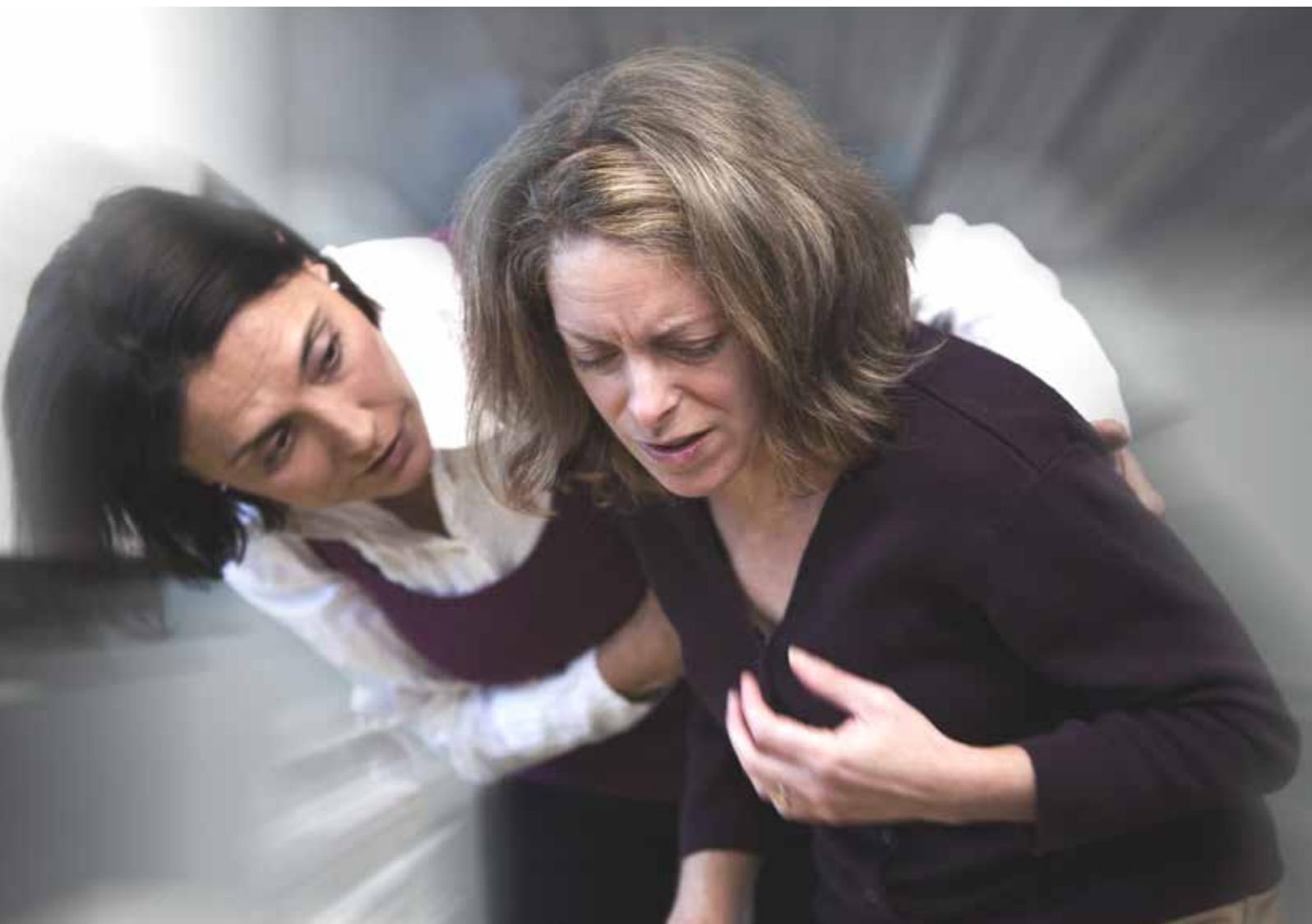


Sudden Cardiac Arrest can strike anyone, anytime, anywhere.

**PHYSIO  
CONTROL**

Protect your most valuable business asset: your people



**LIFEPAK**<sup>®</sup> Defibrillators

**Be Ready, Willing and Able**

When Sudden Cardiac Arrest strikes

# Is your workplace Ready, Willing and Able?

Sudden Cardiac Arrest (SCA) knows no boundaries.

- In Australia approximately 30,000 people sustain cardiac arrest outside hospital and are treated by emergency medical services (EMS) each year<sup>1</sup>
- An average of only 9% of its victims in Australia survive<sup>1</sup>
- It can happen anytime, anywhere and to anyone, even young athletes
- Early defibrillation is the single most effective treatment for SCA
- Defibrillation within three minutes of collapse can increase the chance of survival to over 70%<sup>2</sup>

No matter where or when SCA strikes, early use of a defibrillator can help save lives.

## Be Ready

Sadly, on average, only 9% of people who suffer SCA outside the hospital survive.<sup>1</sup> But survival rates of over 70% have been achieved where automated external defibrillator (AED) programmes have been successfully implemented.<sup>2</sup>

AEDs are designed to help people with minimal training use them safely in tense, emergency situations. They have numerous built-in safeguards and are designed to deliver a shock only if the AED detects one is necessary. Their ease of use and built-in safety mechanisms make AEDs suitable for use in company-wide programmes.

## Be Willing

Anyone with minimal training can use an AED to help save a life. Quick action by the first person on the scene can truly make a difference.

Calling 000 in the event of SCA is critical, as is performing CPR on the victim. But the chances of survival from sudden cardiac arrest fall by ten percent every minute<sup>2</sup>, and the single most effective treatment for SCA is early defibrillation—providing a shock to the heart within the first three to five minutes.<sup>2</sup>

## Be Able

Costing as little as a personal computer, an AED is easy to use and maintain. Having AEDs readily available in your workplace makes sense, and can be the difference between life and death for a victim of SCA.

Remember, time to defibrillation, the most critical factor in sudden cardiac arrest survival, can be reduced if an AED is close by and can be brought to the victim quickly, and every minute that passes before defibrillation reduces survival rates by ten percent.<sup>2</sup>



## Heart Safe Communities

### Creating safer places for you to work, live and play

Physio-Control aims to create more Heart Safe environments across Australia by placing defibrillators in educational establishments, workplaces, sports and leisure clubs, public and community environments—allowing you to simply, safely and effectively help someone save a life.

## Contact



AUTHORIZED DISTRIBUTOR

1. <http://www.takeheartaustralia.com.au/>

2. Nolan J, Soar J, Zideman D, et al. European Resuscitation Council Guidelines for Resuscitation 2010 Section 1. Executive summary. *Resuscitation*. 2010;81:1219-76. Available at: <https://www.erc.edu/index.php/docLibrary/ru/viewDoc/1195/3/>