

# You Can Save a Life...

## A Life Threatening Problem

Every year about 340,000 people suffer sudden cardiac arrest and only about 5 percent of them survive. Sudden cardiac arrest is a condition in which the heart's electrical impulses suddenly become chaotic, preventing the heart from pumping blood. Death usually follows unless a normal heart rhythm is restored within a few minutes.

Saving the life of a family member, co-worker, valued customer or an employee can be as simple as calling 911, performing Cardiopulmonary Resuscitation (CPR) to circulate oxygen-rich blood to vital organs, and using an Automated External Defibrillator (AED) to restore a normal rhythm to the heart. Time is of the essence. A victim of sudden cardiac arrest should be defibrillated within 3-5 minutes. For every minute that passes, the chance of survival decreases by 7-19 percent. A victim without CPR within 4 minutes and without defibrillation within 8 minutes has virtually no chance of survival.

CPR is easy to learn and AEDs are safe and easy to use, making it possible for non-medical individuals to be trained to provide lifesaving CPR and AED rapid defibrillation. More and more businesses and community organizations are starting defibrillation programs since legislation providing protection from liability for non-medical AED users was passed by the State of Florida ("Cardiac Arrest Survival Act").

The life you save may be a neighbor, a valued customer, a father or mother, a brother or sister, a co-worker or friend.

# The Solution is Simple...

## Chain of Survival

The American Heart Association Cardiac Chain of Survival is a series of four critical steps necessary to give a victim of sudden cardiac arrest the best chance of survival. Some of the steps are already in place through local emergency response organizations, like the local 911 system and the Destin Fire Control District's Advanced Life Support Service. However, all four links in the chain must be present to help ensure survival from sudden cardiac arrest.



The four links are:

- **Link 1:** Early Access to Care (calling 911)
- **Link 2:** Early CPR
- **Link 3:** Early Defibrillation (AED)
- **Link 4:** Early Advanced Life Support

The second link, cardiopulmonary resuscitation, is important to maintaining critical levels of oxygen in the blood until such time as the heart resumes a life sustaining rhythm.

The third link, delivery of electrical shock to the heart, is recognized as the most critical step in restoring a cardiac rhythm and resuscitating a victim of sudden cardiac arrest.

# We Can Help!

## CPR and AED Training

The Destin Fire Control District and the Destin Fire Rescue Foundation are committed to helping you with all of your CPR and AED training needs today. The District is a designated Training Site of the American Heart Association. We offer the following CPR and AED training classes:

**Heartsaver AED** **\$45**  
A comprehensive training program teaching adult, child and infant CPR and the use of the AED.  
*Designed for those who need CPR and may have access to an AED.*

**Healthcare Provider** **\$45**  
A comprehensive training program teaching adult, child and infant CPR and the use of the AED, along with basic airway management techniques.  
*Designed for those who work in the healthcare profession who may have access to an AED and basic airway management equipment.*

**Heartsaver First Aid** **\$45**  
A comprehensive training program teaching adult, child and infant CPR and the use of the AED, along with additional first aid skills.  
*Designed for those who work in daycare centers licensed by the State of Florida, or those requiring first aid in addition to CPR/AED training*

*All prices listed above include all materials necessary to complete the class, as well as a CPR card (good for two years) issued by the American Heart Association.*

**Please contact the Destin Fire Control District at the following phone number to register for a class:**

**850-837-8413**