



FAST+TALK™

Sudden Cardiac Arrest and AEDs - when seconds count.

The Facts

366,807

Deaths from Sudden Cardiac Arrest (SCA) per year in the U.S.¹

10,000

cardiac arrests in the workplace annually.³

95%

of SCA victims don't survive¹

What is the difference between SCA & Heart Attack?

Sudden Cardiac Arrest

What is a Sudden Cardiac Arrest?

- A sudden cardiac arrest (SCA) is an “electrical” problem.
- SCA occurs when the heart malfunctions and stops beating unexpectedly.
- Triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia).
- With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.

What Happens?

A person becomes unresponsive, is not breathing or is only gasping, experiencing seizure-like symptoms. Death occurs within minutes if the victim does not receive treatment.

What to do

Cardiac arrest can be reversible in some victims if it's treated within a few minutes.

- First, call 9-1-1 (If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED).
- If an Automated External Defibrillator (AED) is available, use it as soon as possible.

Heart Attack

What is a Heart Attack?

- A Heart Attack is a “circulation” problem.
- Occurs when the blood to the heart is blocked.
- The heart usually does not stop beating.
- If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

What Happens?

A person may experience intense discomfort in the chest, shortness of breath, cold sweats, and/or nausea/vomiting. Some symptoms start slowly and persist for hours, days or weeks before heart attack occurs.

What to do

- Call 9-1-1 or your emergency response number immediately.

Did You Know...

only 50% of people can locate an automated external defibrillator (AED) at work?⁵

The Importance of AED's in the Workplace

- Sudden cardiac arrest is a workplace killer; **13%** of all workplace fatalities result from SCA.⁴
- Response time is critical. Brain death begins within **4-6 minutes** of the SCA event.⁴
- The average time to respond to a 911 call in an urban area is **10 minutes**.⁴ (Expect longer response times if your workplace is in a remote/rural area).
- If a rescuer can provide defibrillation in the first minute, the victim's chance of survival increases to more than **90%**.²
- Each minute that passes will decrease the victim's chance of survival by **7-10%** if no defibrillation is provided.²
- AHA recommends placing an AED at **three-minute** “drop to shock” intervals throughout the facility.⁴ (i.e. should take a person no longer than 3 minutes round-trip to get to the AED and back to the victim).

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Sudden Cardiac Arrest and AEDs - when seconds count.

What is an AED, exactly?

An AED (automated external defibrillator) is a portable FDA-approved public-access device designed to deliver a potentially life saving electric shock to the heart of a cardiac arrest victim. AEDs are easy to operate because they are designed with the lay rescuer in mind (person without medical experience). Using visual and voice prompts, these devices guide a rescuer through a sudden cardiac arrest event, regardless of the rescuer's level of training or experience. While different makes and models have varying features, all AEDs do what they are designed to do – save lives!



Operating an AED*

- Place AED on ground. Open lid.
- Remove clothing from the patient's chest.
- Attach the electrode pads. Avoid touching patient.
- Allow the AED to analyze the patient's heart rhythm.
- The AED will not deliver a shock unless the victim is in cardiac arrest.
- Continue to follow the AED prompts until local Emergency Responders arrive

* Always send for help and call 911 if a person is found unresponsive. Follow Basic CPR & AED Training Guidelines

You Can Make A Difference!

Anyone can use an AED. AED's will NOT administer a shock if the victim is not having an SCA, they cannot hurt anyone. The national Good Samaritan laws, both federal and state provide protection to someone who renders aid in an emergency to an injured person on a voluntary basis. Don't hesitate to deliver life-saving therapy to an SCA victim.

¹ American Heart Association Heart Disease and Stroke Statistics: <https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000558>
² A.S. Go et al. American Heart Association Guidelines 2010 - Electrical Therapies. American Heart Association Circulation, 122 (2010): S710.
³ American Heart Association: <https://newsroom.heart.org/news/american-workers-unprepared-for-workplace-cardiac-emergencies-surveys-find>
⁴ United States Department of Labor: https://www.osha.gov/dts/tib/tib_data/tib20011217.html
⁵ American Heart Association: https://cpr.heart.org/AHAECC/CPRECC/AboutCPRECC/CardiacArrestvsHeartAttack/UCM_473213_Cardiac-Arrest-vs-Heart-Attack.jsp

Talk Date: _____

Supervisor/Facilitator: _____

Location: _____

Department: _____

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