

HEALTH TOPIC #1

Heart Health
and
How to Use a Defib

Move-it Month!

Port Road Race
12km course runs from
Port Chalmers to Logan Park

HEALTH TIP

How much coffee do you drink per day?
If it's more than 3, time to think about
cutting back!

Important Dates:

Primary, Intermediate and Secondary
School Term 1
Monday 30th January – Thursday 13th April



< JANUARY >



HEART HEALTH AND HOW TO USE A DEFIBRILLATOR

SUDDEN CARDIAC ARREST (SCA):

Is an electrical problem in which the normal heartbeat stops abruptly unexpectedly creating an abnormal rhythm or very rapid erratic beating of the heart known as Ventricular Fibrillation (VF).

Things to Note:

- Blood flow stops to the brain, heart and the rest of the body which causes a person to collapse.
- The victim is clinically dead and will remain so unless someone helps immediately
- Quick combination of CPR and defibrillation can restore life

1		Tap and Shout	2		Yell for help. Send someone to phone 911 (111 off-site) and get an AED
3		Look for no breathing or only gasping	4		Push hard and fast. Give 30 compressions
5		Open the airways and give two breaths (if you feel comfortable doing so, if not continue compressions)	6		When the AED arrives, turn it on and follow the prompts

Repeat sets of 30 compressions and two breaths

What Does a Defib do for Someone in Cardiac Arrest?

Defibrillation is the delivery of lifesaving electrical energy to the heart during a Ventricular Fibrillation (VF).

- AED's designed to shock only when VF is detected
- Defibrillation within 3 minutes of collapse can increase the chance of survival by 70%
- After 10 minutes, the chances of survival are negligible but CPR will buy a little more time, until a defibrillator arrives

HEART ATTACK (Myocardial Infarction):

A heart attack is a "plumbing" problem in which a bloody clot suddenly blocks a coronary artery.

Symptoms include:

- Chest pain and discomfort
- Heart attack victims remain conscious and most survive the event
- Heart attacked, although may not be fatal, can trigger a sudden cardiac arrest



Where Are AED's Located Onsite?

1. Foyer at the Top Office
2. Ambulance (plus Trauma Pack)
3. First Aid Room at the Plant (plus Trauma Pack)
4. Coronation in the Supervisors Office (plus Trauma Pack)
5. Heavy Vehicle Workshop
6. FRUG Muster Room
7. FRUG Underground Crib (Plus Trauma Pack)

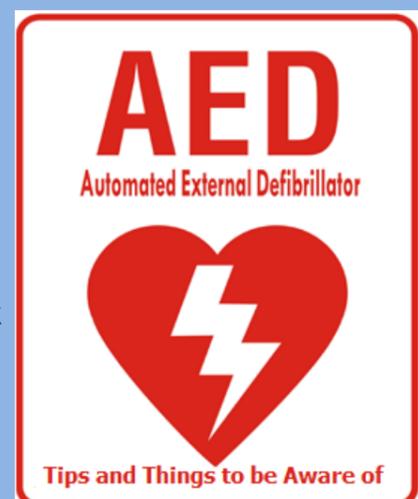
Trauma Packs underground are located in every refuge chamber except the mobile entrapment unit which has an advanced First Aid Box.

Defibrillation Sequence:

1.	Turn the AED on	
2.	Follow the AED prompts	
3.	Resume chest compressions immediately after the shock (minimize interruptions).	

A Few Things to be Aware of:

- If the victim is wearing a bra, remove it before placing electrodes (in case it has underwire)
- Never place electrodes directly on top of medication patches. If the patch is in the way of the AED pads, remove it and wipe off the area with the victims shirt.
- If the victim has a pacemaker or internal defibrillator with a battery pack (visible as lump under the skin about two inches long), avoid placing pad directly on top of the implanted medical device ideally they should be no closer than 8cm apart.



World Braille Day
4th January

