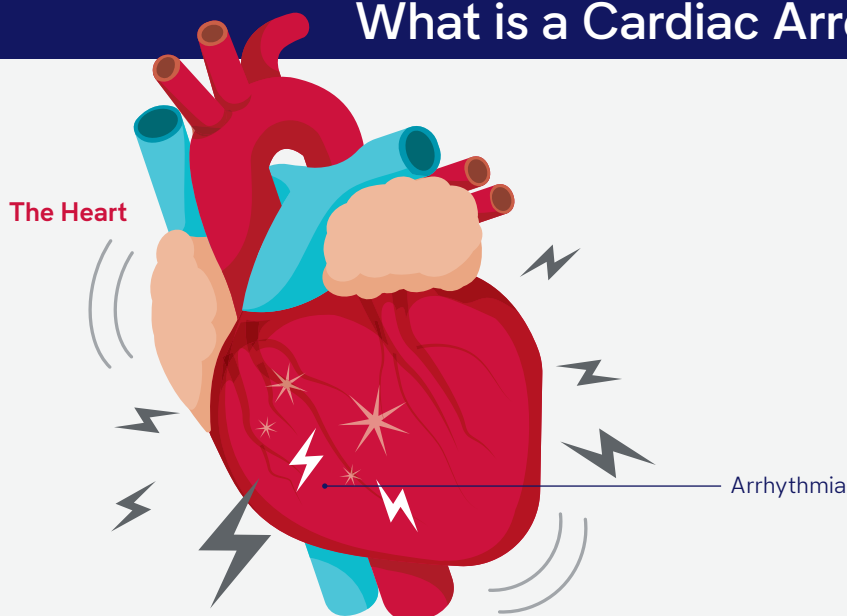


Cardiac Arrest at Sea

What is a Cardiac Arrest?



- Cardiac arrest occurs when the electrical function of the heart malfunctions or stops
- As a result, blood flow to the brain and other parts of the body stops
- Cardiac arrest can happen suddenly, without any warning

Signs and Symptoms

- Patient is unresponsive and has collapsed
- Skin turns pale or blue
- Not breathing or gasping for air
- No pulse, the heart has stopped beating
- Check for a recent history of chest pain if possible

CALL

CPR

AED



Action Plan – This is an Emergency

- There should be no delay in initiating treatment. Call your designated telemedicine provider or RCC (Rescue Co-ordination Centre)
- Start CPR, which involves doing 30 chest compressions (at a rate of 100-120 per minute) followed by two breaths, repeat this process till you find a pulse or are exhausted or another crew member takes over
- If available, use the defibrillator (AED) to attempt to restart the patient's normal heart rhythm
- If you are unsure whether a person is in cardiac arrest or not, start CPR immediately. If a person does not require CPR, they will probably respond to your attempts