

## BeneHeart C Series in Schools

...to help schools prepare for emergencies

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Sudden cardiac arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA usually causes death if it's not treated within minutes, which is why the placement and use of automated external defibrillators (AED) in the community should be encouraged to enable defibrillation within the first minutes after a ventricular fibrillation (VF) sudden cardiac arrest

There are a million things happening every day.  
Accidents could happen anytime.

For example, can you imagine a student suddenly collapsed and died from sudden cardiac arrest when he or she is playing sports, or even just on the way to class? When a tragedy like this happens, people might think there's nothing they can do. But there is : immediate treatment - before paramedics arrive – with cardiopulmonary resuscitation(CPR) and an automated external defibrillator(AED), gives the child the best chance of survival.

<sup>1</sup> Source: *The International Liaison Committee on Resuscitation (ILCOR)* and currently includes representatives from the American Heart Association (AHA), the European Resuscitation Council (ERC), the Heart and Stroke Foundation of Canada (HSFC), the Australian and New Zealand Committee on Resuscitation (ANZCOR), Resuscitation Council of Southern Africa (RCSA), the Inter-American Heart Foundation (IAHF), and the Resuscitation Council of Asia (RCA).