

ECC Safety Tip

June 2025

Sudden Cardiac Arrest Awareness

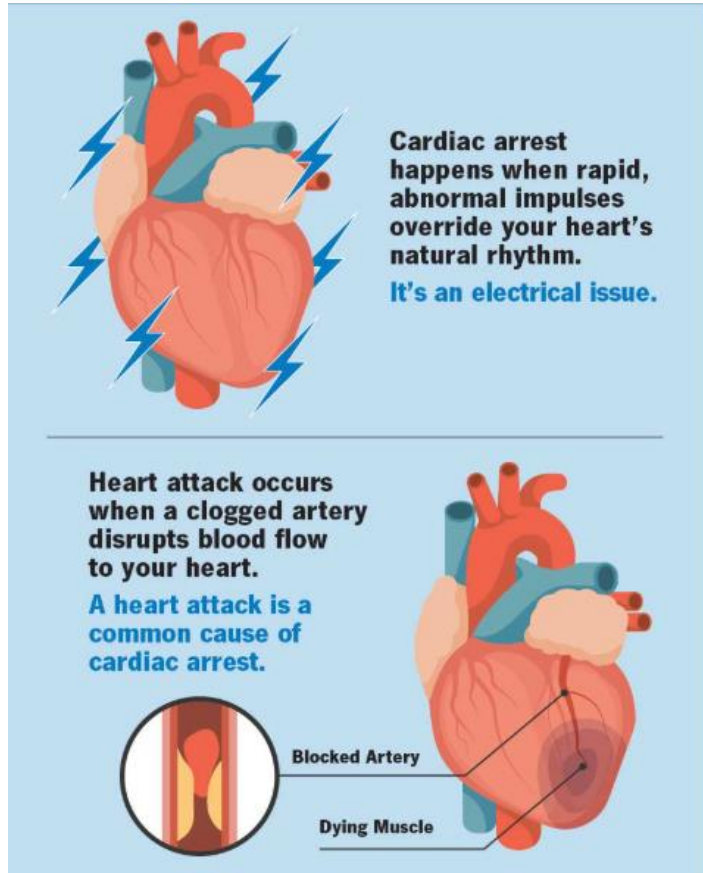


Team Members:

ECC Safety Committee Member

Kevin Scarborough, Century 3 Engineering, Project Manager

Cardiac Arrest vs. Heart Attack



Cleveland Clinic

Key Differences from Heart Attack

Heart Attack

- A circulation problem caused by a blockage in a blood vessel, leading to reduced blood flow in the heart muscle

Cardiac Arrest

- An electrical problem where the heart suddenly stops beating, causing a lack of blood flow to the brain and other organs

Causes of Sudden Cardiac Arrest

Arrhythmias

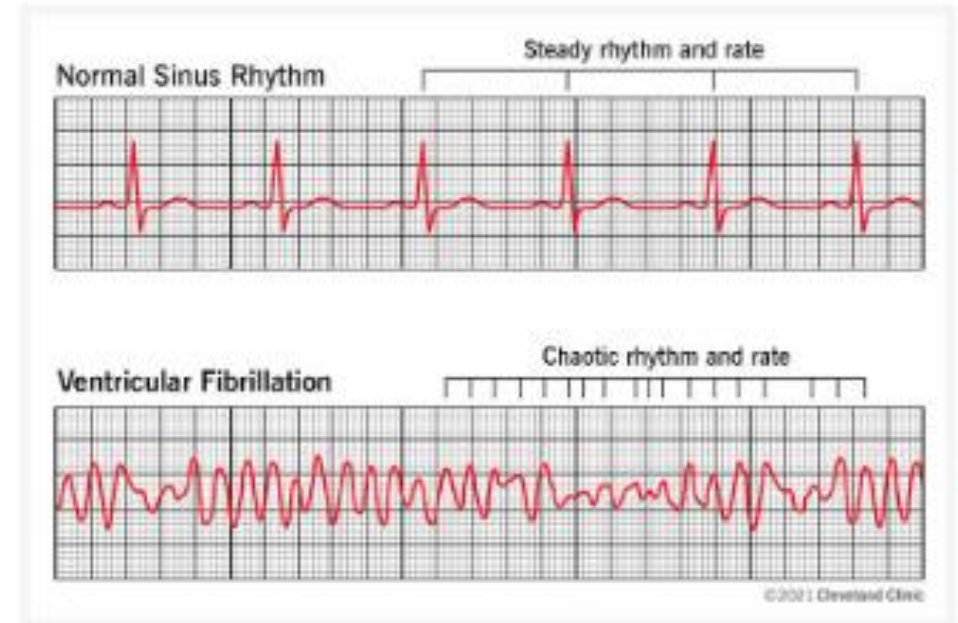
- Abnormal heart rhythms are the most common cause, especially ventricular fibrillation

Underlying Heart Conditions:

- Coronary heart disease, heart attack, and congenital heart defects can increase the risk

Non-Cardiac Causes:

- Electrocutation, drowning, choking, trauma, and drug use can also lead to cardiac arrest



Risk Factors

A family history of coronary artery disease

Smoking

High Blood Pressure

High Blood Cholesterol

Obesity

Diabetes

An Inactive Lifestyle

Don't Be A Statistic!



Improving survival from sudden cardiac arrest.

There are 220,000 victims of sudden cardiac arrest per year in the United States; about 10,000 sudden cardiac arrests occur at work.

Waiting for the arrival of emergency medical system personnel results in only 5-7% survival.

Studies with immediate defibrillation have shown up to 60% survival one year after sudden cardiac arrest.

Automated external defibrillators

An automated external defibrillator (AED) is a medical device designed to analyze the heart rhythm and deliver an electric shock to victims of ventricular fibrillation to restore the heart rhythm to normal. Ventricular fibrillation is the uncoordinated heart rhythm most often responsible for sudden cardiac arrest.

With Sudden Cardiac Arrest

Reaction Time Can Mean Life Or Death

BYSTANDER ACTION SAVES LIVES



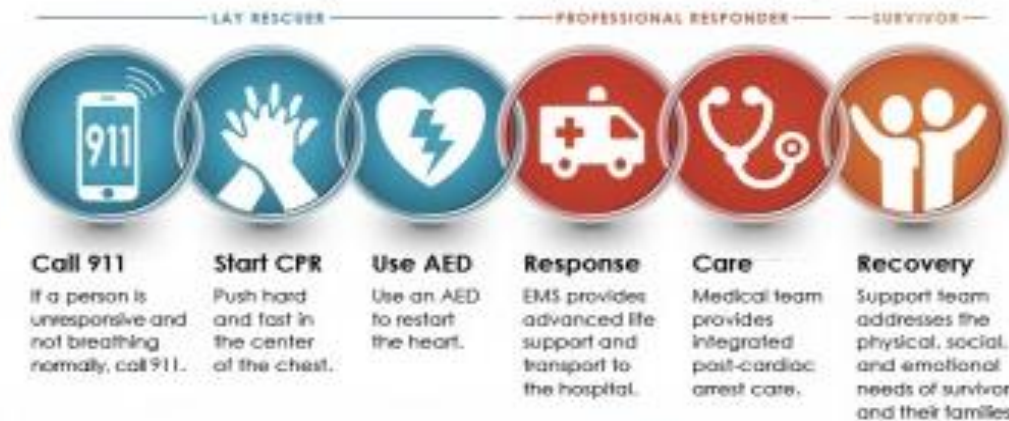
EVERY SECOND COUNTS

SCA leads to death in minutes if the person does not get help right away. For every minute that passes, survival odds decrease by 10%.



CHAIN OF SURVIVAL

Survival from SCA depends on the quick actions of people nearby.



Learn more at sca-aware.org. Follow us:

Proud Co-Sponsor of the [CallPushShock™](http://CallPushShock.com) Movement

Get Educated & Be Prepared!

For most people, the takeaway from these cardiac arrest statistics is to take (or refresh) your **CPR and AED training** to be ready to help in an emergency. You never know when you might see someone collapse or find them already collapsed and unconscious. And when you do, being prepared to help with immediate chest compressions and an automated external defibrillator might just save their life.



Learn How to Save a Life

Take a course to learn the lifesaving skills of CPR, first aid, how to use an AED, and more.

Learn about a few of our different training programs:

[Online Courses](#)



[Infant Program](#)



[Classroom Courses](#)

