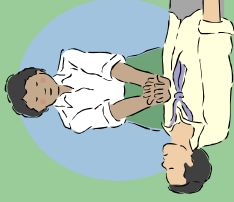


## CPR Facts and Statistics

- About 75 percent to 80 percent of all out-of-hospital cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one.
- Effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival.
- CPR helps maintain vital blood flow to the heart and brain and increases the amount of time that an electric shock from a defibrillator can be effective.
- Approximately 95 percent of sudden cardiac arrest victims die before reaching the hospital.
- Death from sudden cardiac arrest is not inevitable. If more people knew CPR, more lives could be saved.
- Brain death starts to occur four to six minutes after someone experiences cardiac arrest if no CPR and defibrillation occurs during that time.
- If bystander CPR is not provided, a sudden cardiac arrest victim's chances of survival fall 7 percent to 10 percent for every minute of delay until defibrillation. Few attempts at resuscitation are successful if CPR and defibrillation are not provided within minutes of collapse.



## CPR MAKES A DIFFERENCE

- **Coronary heart disease** accounts for about 450,000 of the 871,517 adults who die as a result of cardiovascular disease.
- Approximately 325,000 of all annual adult **coronary heart disease** deaths in the U.S. are due to sudden cardiac arrest, suffered outside the hospital setting and in hospital emergency departments. About 900 Americans die every day due to sudden cardiac arrest.
- Sudden cardiac arrest is most often caused by an abnormal heart rhythm called ventricular fibrillation (VF). Cardiac arrest can also occur after the onset of a heart attack or as a result of electrocution or near-drowning.
- When sudden cardiac arrest occurs, the victim collapses, becomes unresponsive to gentle shaking, stops normal breathing and after two rescue breaths, still isn't breathing normally, coughing or moving.

Source: American Heart Association

## Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

**Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness

*As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.*

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call **9-1-1**.

Calling **9-1-1** is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

Source: American Heart Association

For more information or to register for classes

**Spearfish Emergency Ambulance Service**

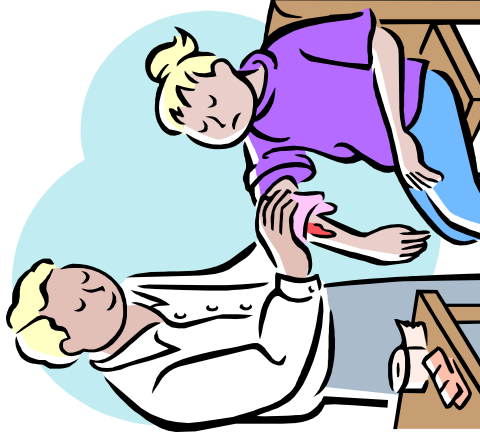
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# FIRST AID, CPR & AED COURSES



# Spearfish Emergency Ambulance Service

## Information & Course Offerings

Spearfish Emergency Ambulance Service, Inc. will be offering ongoing American Heart Association CPR, AED, & First Aid Education, on the first Tuesday of every month. These classes will run from 9:00am to 2:00pm and provide participants with the knowledge, skills and abilities to help those in need.

Please call, e-mail or visit our office for further information on these and other course offerings. Also visit [www.spearfishambulance.com](http://www.spearfishambulance.com) to view our Training Calendars. Corporate and special group scheduling available.



### **BLS HeartSaver/First-Aid**

Ideal for workplace certifications, outdoor activities, civic groups, & more. Includes First-Aid, CPR, & AED for adult, child, & infant. Can also be customized to group needs

### **BLS HeartSaver/Pediatric First-Aid**

Better suited for parents, babysitters & care providers of young children. Includes pediatric focused First-Aid, CPR, & AED. Can also be customized to group needs

### **BLS HeartSaver AED**

Covers adult & child CPR & AED, as well as infant CPR

### **BLS HeartSaver CPR**

Covers CPR for the adult, child & infant.

### **BLS HeartSaver CPR in Schools**

Ideal for students interested in adult & child CPR & AED, as well as infant CPR

### **BLS CPR for Family & Friends**

A quality option for those interested in learning the skills required to perform CPR but do not need a certification or card.

### **BLS Healthcare Provider**

CPR & AED course offering directed towards the needs of healthcare providers. Includes advanced skills and equipment often seen in the healthcare setting.