



When every second counts...
You can make a difference!

CARDIAC 3-MINUTE DRILL



1

» Early recognition of sudden cardiac arrest



- Collapsed and unresponsive.
- Gaspings, gurgling, snorting, moaning or labored breathing noises.
- Seizure-like activity.
- A blow to the chest – baseballs, lacrosse balls, hockey pucks/balls to the chest can cause cardiac collapse.

2

» Early access to 9-1-1



- Call 9-1-1 and follow emergency dispatcher's instructions.
- Shout for help from other on-site emergency responders.
 - If you are alone, get an AED (if one is available) before you begin CPR.
 - If two people are on site, one begins CPR while the other retrieves the AED.

3

» Early CPR



- Immediately begin cardiopulmonary resuscitation (CPR) and continue until Emergency Medical Services (EMS) arrive.
- Chest compressions – push hard, push fast – 100 per minute in the center of the chest.

4

» Early Defibrillation



- Use an automated external defibrillator (AED) as soon as it arrives to restore the heart to its normal rhythm.
- Target goal collapse-to-shock is less than 3 minutes.

5

» Early Advanced Care



- EMS responders begin advanced life support, including additional resuscitative measures, and transfer to a hospital.

- **Three in every 1,000 athletes may have an underlying heart disorder.**
- **One in 40,000 college athletes dies each year from a cardiac emergency.**
- **Average EMS response time is 8-10 minutes.**
- **Chance of survival decreases 10 percent every minute after collapse.**

