

# CARDIAC EMERGENCY RESPONSE PLAN

*A cardiac emergency response plan establishes specific steps to reduce death from cardiac arrest. A carefully orchestrated response to cardiac emergencies will reduce deaths and ensure that chaos does not lead to an improper or no response.*

**PREPARATION IS THE ESSENTIAL KEY TO SAVING LIVES.**

To get training visit: American Red Cross <https://www.redcross.org/>  
 American Heart Association <https://www.heart.org/>



| RECOGNIZE       | REACT         | RESCUE          |
|-----------------|---------------|-----------------|
| Sudden Collapse | Call 911      | Start CPR       |
| Unresponsive    | Retrieve AED  | Apply AED       |
| Eyes Open       | Expose Chest  | Rhythm Analysis |
| Seizure         | Access Airway | Shock           |
| Gasping         | Clear Area    | Resume CPR      |

**Sources:**

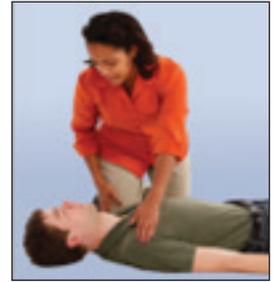
[NFL]. *Recognize, React, Rescue: Effectively Treating Sudden Cardiac Arrest* [Video]. National Football League. <https://www.nfl.com/videos/recognize-react-rescue-effectively-treating-sudden-cardiac-arrest>

How to perform hands-only CPR. Red Cross. (n.d.). Retrieved January 3, 2023, from <https://www.redcross.org/take-a-class/cpr/performing-cpr/hands-only-cpr>

# UNIVERSAL RESPONSE CARDIAC EMERGENCY RESPONSE PLAN

## 1. RECOGNIZE THERE'S A CARDIAC EVENT

- Sudden collapse
- Unresponsiveness
- Eyes open
- Seizure
- Gasping



## 2. REACT

- Check the scene, THEN check the person
  - i. Tap on the shoulder and shout, "Are you okay?" and quickly look for breathing
- CALL 9-1-1
- Retrieve AED
- Expose chest
  - i. Remove all clothing covering the chest. If necessary, wipe the chest dry
- Access airway
- Clear area

## 3. RESCUE

- Start CPR
  - i. If unresponsive and not breathing, BEGIN CHEST COMPRESSIONS
    1. Place the heel of one hand on the center of the chest
    2. Place the heel of the other hand on top of the first hand, lacing your fingers together
    3. Keep your arms straight, position your shoulders directly over your hands
    4. Push hard, push fast
      - a. Compress the chest at least 2 inches
      - b. Compress at least 100 times per minute
      - c. Let the chest rise completely before pushing down again
- Apply AED
  - i. When AED is available TURN ON
  - ii. Place one pad on the upper right side of the chest
  - iii. Place the other pad on the lower left side of the chest, a few inches below the left armpit
    1. **Note:** If the pads may touch, place one pad in the middle of the chest and the other pad on the back, between the shoulder blades
- Allow AED to analyze rhythm
  - i. Prepare to let the AED analyze the heart's rhythm
    1. Make sure no one is touching the person
    2. Say, "CLEAR!" in a loud, commanding voice
- Shock
  - i. Deliver a shock, if the AED determines one is needed
    1. Make sure no one is touching the person
    2. Say, "CLEAR!" in a loud, commanding voice
  - ii. Push the SHOCK button to deliver the shock
- Resume CPR
  - i. Perform compressions and follow the AED prompts

