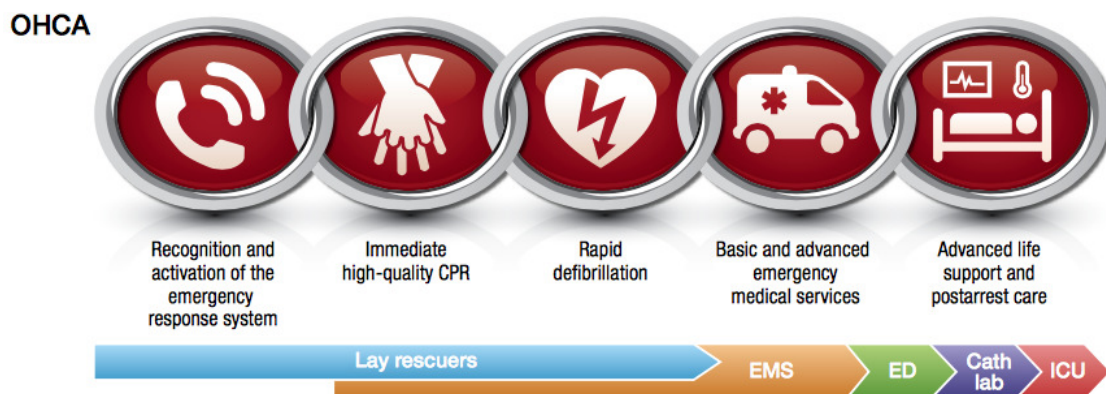


CPR Saves Lives

Approx 5000 people in Ireland die from Sudden Cardiac Arrest (SCA) annually; that's 14 per day. This happens suddenly and often without any warning. 67% of these SCA's happen in the home in front of a loved one. By starting chest compressions you can double a victim's chances of survival. By having an Automated External Defibrillator (AED) available you really improve the victim's chances of survival. Unfortunately without CPR and an AED your chances of survival decrease by 10% per minute, so time is of the essence. If we look at the chain of survival, the first three links are based in our communities, if the first three links are not intact by the time the ambulance arrives chances of survival are very poor.



How can we make the situation better? By recognising early that someone is suffering from a cardiac arrest, anyone who is unresponsive and not breathing or only gasping needs CPR. Call 999 or 112 immediately and start compressions. If there is an AED nearby call for it and use it. REMEMBER you can do no harm. By taking a 2.5 hour CPR and AED course you will feel confident performing CPR and using an AED. CPR is a simple skill.

For more information, please email Denise at denisem.oreilly@hse.ie or you may make your enquiry through our Facebook page: BLSCavanMonaghan