



## Vashon Maury Save a Life CPR/AED Project

[Cardiac Arrest CPR AED: Quick Reference \(English\)](#)

[Paro Cardíaco, RCP y DEA — Referencia Rápida \(español\)](#)

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### **WHAT IS CARDIAC ARREST?**

Cardiac arrest happens when your heart stops beating or beats so fast that it stops pumping blood. During cardiac arrest, people typically collapse and become unresponsive. Symptoms start without warning. This is why people also call it sudden cardiac arrest (SCA).

### **WHO IS AT RISK FOR CARDIAC ARREST?**

Cardiac arrest can be caused by an acute heart attack, chronic heart disease, congestive heart failure, trauma or some inherited conditions, and may even occur in children, young athletes and young adults.

## **SIGN and SYMPTOMS of SUDDEN CARDIAC ARREST (SCA)**

The first symptom of SCA is often death, either because the warning signs of an underlying heart condition were not recognized or help was not administered within minutes of the event. More than 90% of SCA victims die because there was a delay in emergency response.

The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED). Cardiopulmonary Resuscitation (CPR) can be a bridge to life until an AED can be administered. When effective early CPR and AED shock are delivered within minutes of SCA, survival can increase from 10% to 45%.

Of the leading causes of youth death (accidents, suicide, homicide, cancer, and heart conditions), sudden cardiac arrest is the only one that can be prevented through primary and secondary prevention strategies.

Symptoms of sudden cardiac arrest are immediate and severe and include:

- Sudden collapse
- No pulse
- No breathing
- Loss of consciousness

Sometimes other symptoms occur before sudden cardiac arrest, and may include:

- Chest discomfort
- Shortness of breath
- Weakness
- Fast-beating, fluttering, or pounding heart called palpitations

## **WHAT SHOULD I DO IF I WITNESS A SUDDEN CARDIAC ARREST?**

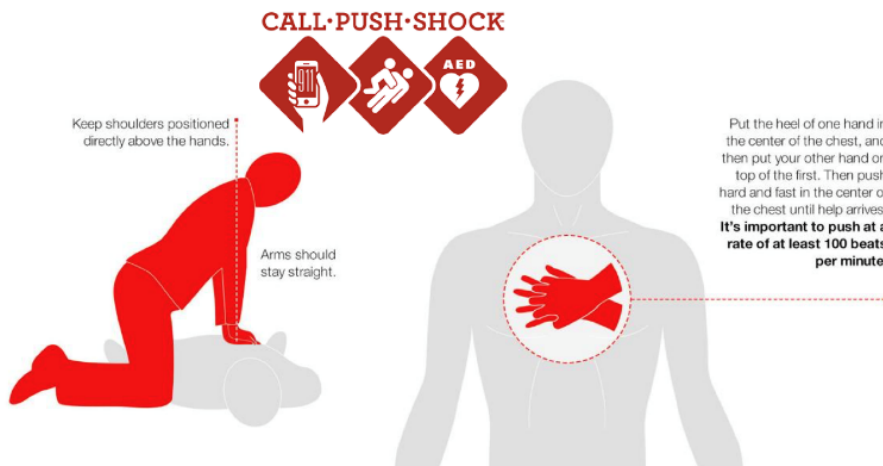
- Quick signs (check quickly):
  - Sudden collapse, unresponsive
  - No normal breathing (none or only gasping)
  - No pulse or an unusually weak pulse (if you can check safely)
- What to do first:
  - Call for help immediately: shout for help and call 911.
  - If you're alone, call first, then start CPR if you're trained or unsure.
  - If you're in a public place, ask another bystander to look for bring an AED and follow its prompts while continuing CPR.

## **LEARN CPR AND AED USE BEFORE AN EMERGENCY**

You can schedule an in-person class with Vashon Island Fire and Rescue online:

[Vashon Island Fire and Rescue CPR/AED Classes](#)

## WHAT IS CPR?

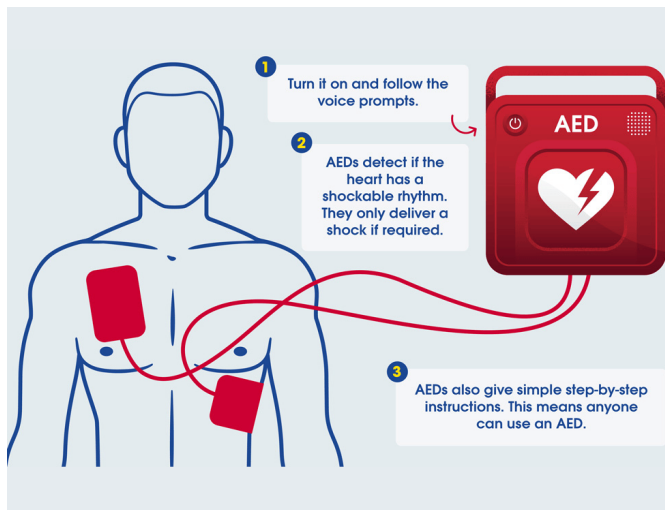


CPR – or CardioPulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating effectively. Immediate CPR can double or triple chances of survival after cardiac arrest. Keeping the blood flow active – even partially – extends the opportunity for a successful resuscitation once trained medical staff arrive on site.

### CPR Basics How To:

- When to start: If the person is unresponsive and not breathing normally.
- Sequence (hands-only CPR for lay responders):
  - Call for help and, if possible, have someone fetch an AED.
  - Place the heel of one hand on the center of the chest (sternum). Place the other hand on top, interlock fingers.
  - Keep arms straight, shoulders over your hands.
  - Compress the chest about 2 inches (5 cm) deep for adults.
  - Rate: about 100–120 compressions per minute (think: “Stayin’ Alive” tempo).
  - Do compressions continuously. If you’re trained, alternate 30 compressions with 2 breaths.
  - Do not give breaths while you’re not trained or uncomfortable; hands-only CPR is effective.

## WHAT IS AN AED?



An AED (Automated External Defibrillator):

- What it is: An AED is a hand-carried device designed for rapid and simple use when a cardiac arrest is suspected.
- What it does: An AED analyzes the heart rhythm and guides you to deliver a shock if needed.
- Why it’s powerful: Shocks can restart a normal rhythm; AEDs are designed for non-medical bystanders.
- How it works in a phrase: Turn on, listen to instructions, attach pads to the bare chest, follow prompts.
- It is important to continue CPR before and after AED shock, based on the AED voice instructions.

## WHAT IS THE CHAIN OF SURVIVAL?



The Chain of Survival represents the linked steps to get an optimal result in OHCA response and treatment, defined by the American Heart Association.

The 6 links in the adult out-of-hospital Chain of Survival are:

- Recognition of cardiac arrest and activation of the emergency response system (calling 9-1-1 in the US)
- Early CPR with an emphasis on chest compressions
- Rapid defibrillation
- Advanced resuscitation by Emergency Medical Services and other healthcare providers
- Post-cardiac arrest care
- Recovery (including additional treatment, observation, rehabilitation, and psychological support)

## PROFILE OF CARDIAC ARREST IN THE USA

Each year, there are about 350,000 out-of-hospital cardiac arrests (OHCA); that's 1000 per day across the country. These OHCA's are more common in men than women, are more likely to occur in the home (~80%) rather than a public area, and are associated with an overall survival rate of only 7-10%. Survival to hospital discharge is much higher (up to 45-50% in the Seattle area, the world's best performer), with prompt recognition, bystander CPR with call to 911 to mobilize EMS, and with early AED defibrillation shock.

## DISPARITIES IN CARDIAC ARREST AND SURVIVAL

In a recent report of a large U.S. registry of 623,342 OHCA's for the 2013-2022 time frame, about 50% were Caucasian, 21% Black, 7.3% Hispanic, 2.9% Asian and 0.4% Native American. All victims benefitted from bystander CPR, but survival and good neurologic outcome was lower in White women, and Black men and women, even when EMS response time was just as favorable.

Other studies have suggested that bystander CPR and an initial shockable rhythm is less common in women and non-white victims. Community engagement and education may impact this deficit.

## HOW TO FIND AEDS ON VASHON-MAURY



This map illustrates the distribution of the 36 Island AEDs registered to the approved PulsePoint App.

[PulsePoint AED Location APPs \(English\)](#)

[PulsePoint AED Location Android \(en español\)](#)

[PulsePoint Apple iOS en español](#)

While there are at least 36 **registered** AEDs on Vashon Island, we know that there are more in private homes and businesses. The distribution of these AEDs is excellent downtown, but very few are in public spaces, and most are not available 24/7. The map below of AED locations shows obvious gaps in availability, particularly on South Vashon and Maury Island. There is likely great advantage for Neighborhood Emergency Response Organizations to discuss filling in those gaps based on geography, AED availability and interest.

The Sam Yates Community Foundation has supported SCA awareness, AED placement and registration and is a tremendous resource for the Vashon-Maury community. [www.thumbsupfoundation.org](http://www.thumbsupfoundation.org)

## HOW TO OBTAIN AN AED

AEDs can be purchased by the general public through medical supply companies or online vendors. They are manufactured and sold under guidelines approved by the Food and Drug Administration (FDA) and may require a physician's prescription for the device. AEDs also require medical direction and registration of the device.

- Get a prescription from a physician or osteopath of your choice, or [request a prescription](#) free of charge from the Seattle or King County Medical Director.
- Receive guidance on how to use your AED by getting Medical Direction from a physician of your choice, or request [Medical Direction](#) free of charge from the Seattle or King County Medical Director.
- [Registering an AED](#) is an important step to knowing its location. It takes less than 5 minutes to add your device to the King County registry. When you register your AED, 911 dispatchers can match a SCA victim's location to the nearest AED so you can use it more quickly.
- Pricing, group and neighborhood discounts and help with planning an installation can be coordinated with VashonBePrepared. Please contact us at [info@vashonbeprepared.org](mailto:info@vashonbeprepared.org) for more information.

## HOW TO MAINTAIN YOUR AED

AEDs are designed to be simple to use and maintain.

- Battery: Check charge status; replace if low or near expiration.
- Pads: Check expiration dates; replace as needed.
- Unit status: Look for a ready/green indicator.
- Accessibility: Keep in a visible, accessible location; do not lock away.
- After use: Follow device prompts for replacement of used parts; schedule a professional check.

## REFERENCES & FURTHER INFORMATION

[What is CPR](#)

[What is hands only CPR](#)

[Vashon Island Fire and Rescue CPR/AED Classes](#)

[Sam Yates Community Foundation](#)

[PulsePoint AED Location APPs \(English\)](#)

[PulsePoint AED Location Android \(en español\)](#)

[PulsePoint Apple iOS en español](#)

Uzendu AI, Spertus JA, Nallamothu BK, et al. Cardiac Arrest Survival at Emergency Medical Service Agencies in Catchment Areas With Primarily Black and Hispanic Populations. *JAMA Intern Med.* 2023;183(10):1136–1143.

Chan PS, Girotra S, Blewer A, Kennedy KF, McNally BF, Benoit JL, Starks MA; CARES Surveillance Group. Race and Sex Differences in the Association of Bystander CPR for Cardiac Arrest. *Circulation.* 2024 Aug 27;150(9):677-686.

*[Next page - Guide to AED models]*

## CURRENT AED Models ON VASHON-MAURY

Additional information about the current types of AEDs registered on Vashon-Maury can be found on the links below:

Manufacturer	Picture	Video Link	Monthly Check	Manual Link
<b>Avive / Connect AED</b>		<a href="#">AVIVE/Connect AED</a>	Remote service	<a href="#">AVIVE Manual</a>
<b>DEFIBTECH / LIFELINE</b>		<a href="#">Defibtech/Lifeline</a>	<a href="#">Defibtech/Lifeline Monthly Check</a>	<a href="#">Defibtech Manual</a>
<b>MEDTRONIC / LIFEPAK</b>		<a href="#">Medtronic/Lifepak</a>		<a href="#">Medtronic Lifepak Manual</a>
<b>PHILIPS / HEARTSTART</b>		<a href="#">Phillips/Heartstart</a>		<a href="#">Phillips Heartstart Manual</a>
<b>PHYSIO CONTROL / LIFEPAK CR PLUS</b>		<a href="#">PhysioControl/ Lifepak CR Plus</a>	<a href="#">Physio Control/ LifePak CR Plus Monthly Check</a>	<a href="#">Physio Control Lifepak Manual</a>
<b>ZOLL / AED PLUS</b>		<a href="#">Zoll/ AED Plus</a>		<a href="#">Zoll AED Plus Manual</a>