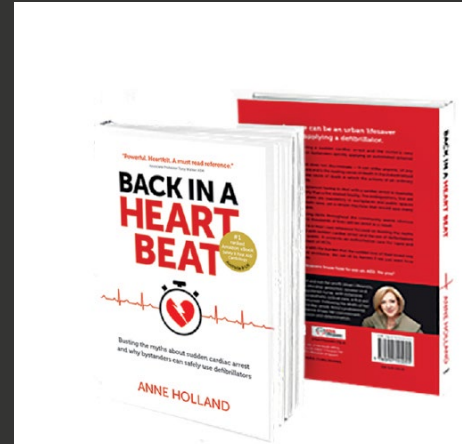


## Myth Busting the Fears Associated with Defibrillators



Anyone  
can apply a  
defibrillator  
Don't know how?  
It's simple!  
We'll show you!!



The only definitive treatment for Sudden Cardiac Arrest is defibrillation however the problem is there are too few automated external defibrillators in the community/workplace and too few people who have the confidence to apply one without hesitation.

1

### MYTH:

**Sudden Cardiac arrest is a heart attack - there is nothing bystanders can do because only doctors can diagnose and treat it.**

### TRUTH:

Sudden Cardiac Arrest is not a heart attack. A cardiac arrest is an abnormality in the **electrical** system which stimulates the heart to beat and has no warning signs or symptoms. Cardiac Arrest can strike anyone, of any age, anywhere, anytime. Although a cardiac arrest can be caused by a heart attack, there are multiple other causes affecting all age groups and both genders.

A heart attack is a blockage of an artery supplying blood to the heart muscle i.e. a **plumbing** abnormality. Sometimes a heart attack can result in a cardiac arrest however not everyone who has a heart attack has a cardiac arrest i.e. dies. It is possible to survive a heart attack but it is not possible to survive a cardiac arrest without treatment with a defibrillator.

2

### MYTH:

**A rescuer who performs First Aid and applies a defibrillator can be held liable and sued if the outcome of a Cardiac Arrest is not successful i.e. if the victim does not survive.**

### TRUTH:

The law i.e. Good Samaritans Act protects anyone who renders First Aid in good faith. No one has ever or could be sued for attempting to resuscitate a victim of cardiac arrest.

3

### MYTH:

**An Automated External Defibrillator (AED) can shock someone who doesn't need to be shocked.**

### TRUTH:

An AED is designed to analyse the electrical activity of the victim's heart. An AED must first be applied directly to the victim's bare chest and then detect a lethal heart rhythm before it will deliver a shock. An AED is safe and cannot be used inappropriately nor can it shock the wrong person. It will not shock someone who does not need to be defibrillated i.e. it will not deliver a shock if it detects a normal heart rhythm.

Book a 1 hour training session for  
your club, workplace or home

**1300 DEFIBFIRST**  
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**Mob:** 0414 560 364  
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**Web:** [www.defibfirst.com.au](http://www.defibfirst.com.au)

4

**MYTH:**

**An Automated External Defibrillator can cause harm or injury to the victim.**

**TRUTH:**

Someone who is in cardiac arrest is dead therefore it is not possible to injure them. An AED will do no harm because it will not work unless a lifesaving shock is required and that is only after it has detected a life threatening heart rhythm. More harm is done to the victim by not rendering aid to them because they have no chance of survival without defibrillation.

5

**MYTH:**

**An AED is not needed because all rescuers need to do is phone 000 and an ambulance will arrive with a defibrillator OR there will be enough time to get the casualty to a nearby hospital.**

**TRUTH:**

Any delay in applying a defibrillator dramatically reduces the victim's likelihood of survival. Ambulance response times are usually greater than 15 minutes and an AED needs to be applied within the first five minutes for the greatest chance of survival. There is also no time to get a victim of cardiac arrest to hospital regardless of how close the hospital is. Ambulance Victoria 2013 statistics reveal that Cardiac Arrest victims who are defibrillated by witnesses have double the survival rate of those who are not defibrillated until paramedics/medical aid arrive.

6

**MYTH:**

**Only medical professionals, paramedics or at the very least First Aid trained persons can use an AED.**

**TRUTH:**

Sudden Cardiac Arrest is the one cause of death that bystanders can actually reverse if they apply an AED quickly. Anyone regardless of their level of training can safely and effectively apply an AED to someone who is in cardiac arrest. The key to survival is immediate CPR and most importantly early defibrillation. An AED is automatic and will only work if necessary after detecting a lethal heart rhythm. All that is required is for a rescuer to apply the pads and let the AED do the rest.

7

**MYTH:**

**An AED in the workplace increases liability risks for the employer and gives the impression that the workplace is stressful and unsafe for employees, if an AED is needed to be on standby.**

**TRUTH:**

Workplaces are required to have fire extinguishers and evacuation plans, otherwise, they are in breach of OH&S laws. Having a Fire Extinguisher on site is insurance and does not mean that a workplace is unsafe because it is more likely to have a fire.

The same premise applies to AEDs – it is insurance and provides an effective remedy if the emergency event occurs. Having an AED on the premises does not increase an employer's liability, in fact, liability is more likely to be reduced because the AED enables First Aid officers to perform the lifesaving skills for which they have been trained and reduces the risk of an unsuccessful outcome i.e. death

An AED is the vital piece of emergency first aid equipment and the only effective treatment for cardiac arrest therefore it increases safety and decreases risk & liability in the workplace.

**Ordinary people can be Urban Lifesavers for someone in cardiac arrest by applying an Automated External Defibrillator (AED)**