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

CARDIAC
3-MINUTE DRILL

1. Early recognition of sudden cardiac arrest
   - Collapsed and unresponsive.
   - Gasping, 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.