



**RECOGNIZE TO
RECOVER**

CARDIAC ARREST EMERGENCY ACTION PLAN

SIX STEPS TO TAKE TO RESPOND TO SUDDEN CARDIAC ARREST

STEP 1

- Have a plan identifying quick help for all practices and games.

STEP 2

- Identify the collapsed individual.

STEP 3

- Assign someone to call 911, and someone to retrieve an AED.

STEP 4

- Start hands-only CPR – chest compressions in the center of the chest, pushing hard and fast, 100x/min.

STEP 5

- Continue chest compressions. Once the AED arrives, place the pads on the individual as shown by the device. The AED will guide you by voice on next steps.

STEP 6

- If no AED is available, continue chest compressions until emergency personnel arrive. Switch with another person if you get tired.

An AED can save lives. Consider having an AED on -site at practices and games. In the event of a non-contact collapse, follow these instructions:

1. Turn on the AED.
2. Wipe the chest dry.
3. Attach pads to bare chest.
4. Plug in the connector, if necessary.
5. Make sure no one is touching the person.
6. Push the analyze button.
7. Follow the voice prompts.