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How to Save a Life FAQ

- **Should I call 911? How can they help?**

  If there is a medical emergency, call 911 first.

  Then, if possible, someone else call 2-4444 from any UBC landline or 604-822-4444 from a cellphone.

  The 911 operator will get first responders on their way and talk you through next steps over the phone. Stay on the line – they will tell you what you can do while you wait for help to arrive.

  Once either first aid attendants or paramedics arrive, transfer care of patient.

- **When do I call 604-822-4444?**

  For a non-emergency first aid request:

  1. Inform your supervisor
  2. Call **2-4444** from any UBC landline or **604-822-4444** from a cellphone
  3. Explain the situation and request first aid
  4. First aid support will be dispatched to your location

- **Can I get sued if I try to help?**

  In short, no.

  The Good Samaritan Law generally states that anyone who provides emergency medical aid to an ill, injured or unconscious person at the scene of an accident or emergency can't be sued for injuries or death caused by the rescuer's actions – whether it's something they've done or neglected to do.

  If you come across someone who needs help, the best course of action would be to ask them, "Do you need help?", and act accordingly to their response. In the case of an unconscious patient, the fact that they're unconscious implies consent to try to save their lives.

- **Can I catch something from a victim?**

  The only way to catch something from a victim is through an exchange of fluids. If you are providing care and fear the exchange of infectious fluids, make sure that you don't have chapped hands or other skin breaks through which blood borne pathogens can enter your body.

- **How do you recognize a choking adult? A sudden cardiac arrest victim? An overdose?**

  Choking adults will exhibit signs of distress such as difficulty breathing, speaking, or coughing, as well as a red face, and may point to their throat or grasp their neck. Activate 911 and stay on the line. Administer abdominal thrusts if responsive. Administer chest compressions if unresponsive or obese/late stages of pregnancy.

  A sudden fall would usually precede a **sudden cardiac arrest**. Activate 911 and stay on the line. The victim would be unresponsive – check for signs of life and begin chest compressions immediately. Direct someone in the vicinity to find an AED. It is crucial to locate one within 80 seconds of the onset of an SCA.

  An **overdose** victim will be more responsive than a SCA victim, but breathing will be very slow and shallow, erratic, or has stopped altogether. You may see a change in skin tone. Activate 911 and stay on the line. If naloxone is available, administer, and then provide rescue breaths. If not awake in 3 minutes, provide second dose. If no naloxone is available, provide rescue breaths.

- **What if I mistake some other medical issue with an overdose?**

  Naloxone will not harm someone that is not suffering from an overdose. If you doubt whether an overdose is taking place or not, administer Naloxone.

- **What are the characteristics of a high quality chest compression?**

  The goal of high-quality chest compressions is to improve survival from sudden cardiac arrest by doing letter-perfect CPR with only minor interruptions in chest compressions. Recent scientific evidence shows the importance of effective chest compressions along with defibrillation in successful resuscitation.

  Correct rate = 100 - 120/min

  Depth for adults is 2-2.5 inches

  Allow **complete recoil** of the chest after each compression

  Continue until first responders arrive

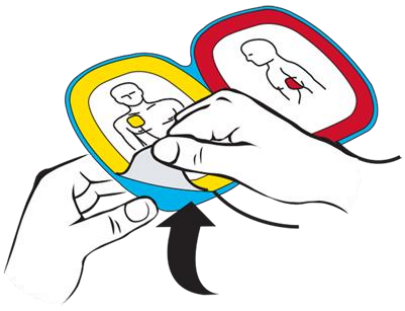
- **Can I cause complications by performing chest compressions? Broken ribs?**

  Complications of CPR should not represent a drawback to performing cardiac compressions.

  When you are trying to keep a person from dying on you, any complications such as broken ribs will have happened in the name of saving a life, and as the rescuer, you cannot be held legally responsible for injuries.

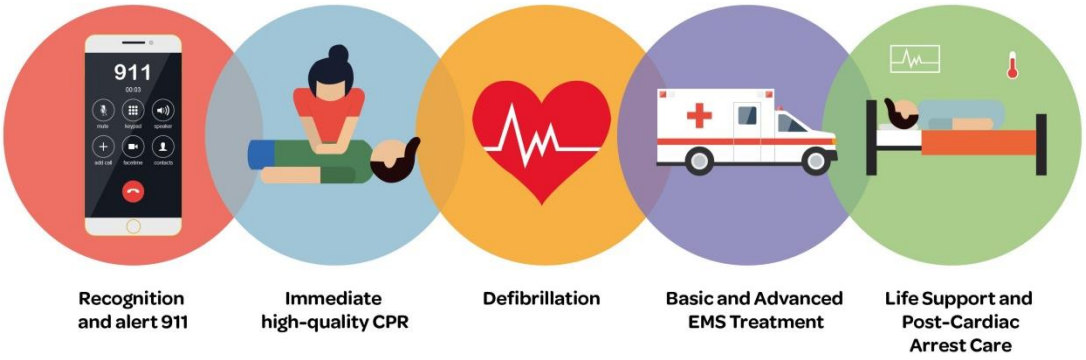
- **How do I use an AED?**

  1. Power on the AED
  2. Apply the AED pads – pads are labelled clearly with the correct positioning
  3. Clear the victim and shock – AED will evaluate a victim's heart rate and if an erratic rhythm is detected you will be prompted to shock



- **Someone is having a sudden cardiac arrest near me and I cannot find the nearest AED, what do I do?**

Chain of Survival

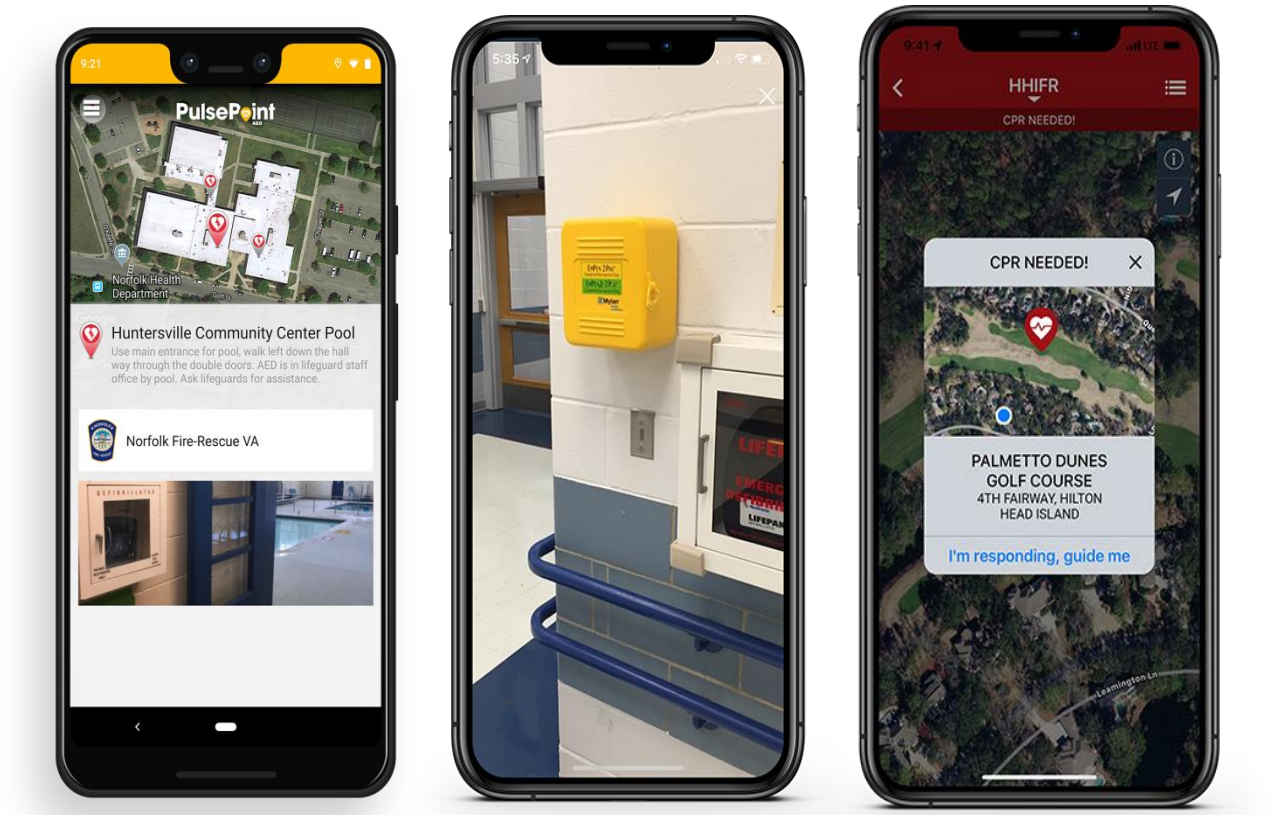


When it comes to SCA survival, a quick and swift response is crucial for success. The Chain of Survival depicts the critical actions required to treat life-threatening emergencies. A barrier to this is the location of your nearest AED.

The app **PulsePoint** was designed with this in mind, and has the location and picture of the nearest AEDs to you. If you are administering chest compressions and have the app, direct the nearest person to you to find an AED and pass them your phone to assist with getting the victim an AED as soon as possible.

- **What else can PulsePoint do?**

  PulsePoint has two main functions. The PulsePoint**AED** function described above is used for registering and locating AEDs, and the PulsePoint**RESPOND** function allows those who can do CPR to register to be notified if someone has suffered a SCA nearby and needs CPR.

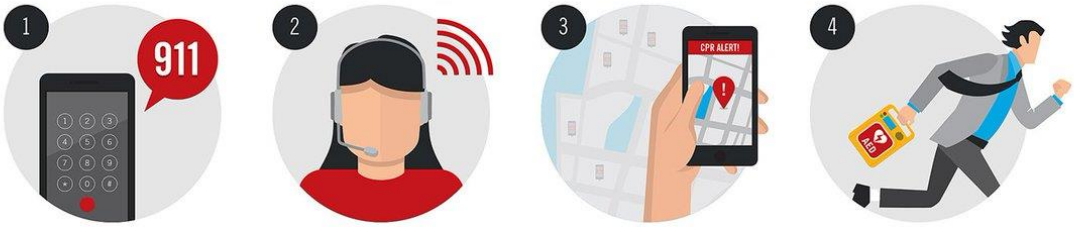


PulsePoint RESPOND

GET THE APP. SAVE A LIFE.

Sudden Cardiac Arrest (SCA) is one of the leading causes of preventable deaths. The PulsePoint app alerts bystanders—like you—who can help victims before professional help can arrive.

PulsePoint alerts you to nearby people in need. For every minute that passes before help arrives, **SCA survival decreases by 7%-10%.** It's like an amber alert for SCA vicitms.



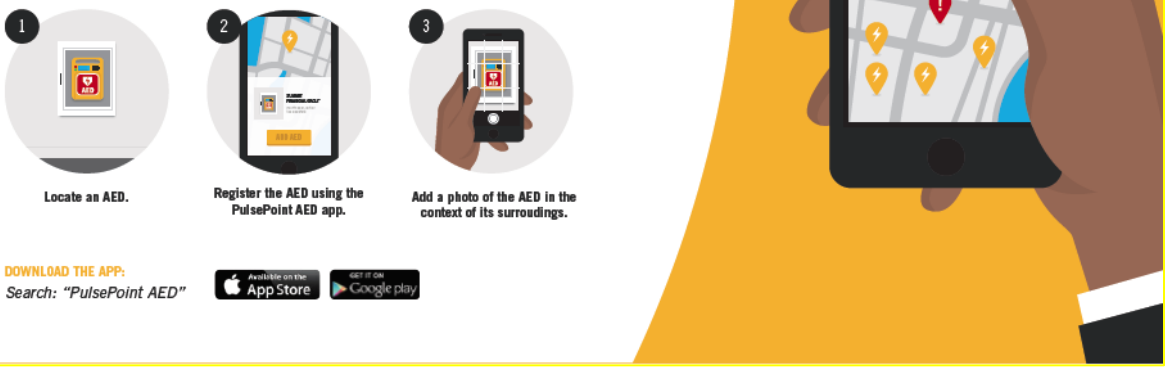
1. SCA victim in need.
2. 911 system sends PulsePoint alert.
3. Signal received by nearby PulsePoint users.
4. Users rush to help the victim before professional help arrives.

PulsePoint AED

HELP SAVE LIVES. LOCATE AND REGISTER AEDS.

When a cardiac emergency strikes, finding an Automated External Defibrillator (AED) can help save a life. But that takes knowing where AEDs are located.

PulsePoint AED lets you report and update AED locations so that emergency responders, including nearby citizens trained in CPR can find an AED close to them when a cardiac emergency occurs.



1. Locate an AED.
2. Register the AED using the PulsePoint AED app.
3. Add a photo of the AED in the context of its surroundings.

DOWNLOAD THE APP:
Search: "PulsePoint AED"

Available on the App Store GET IT ON Google play