

WHY CPR?

When cardiac arrest strikes, the heart stops. Completely. Hard and fast chest compressions can move some blood through the heart into the rest of the body. This can save a life.

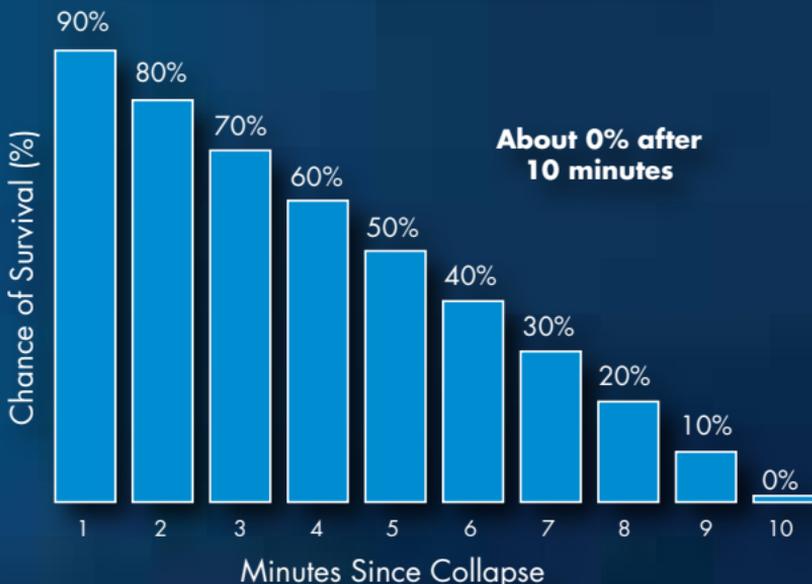
Speed is Critical...



For every minute that passes without any CPR or a defibrillating shock, the probability a shock will save the victim drops by about 10%.

So go get the AED as quickly as possible!

Probability of Survival (No CPR)



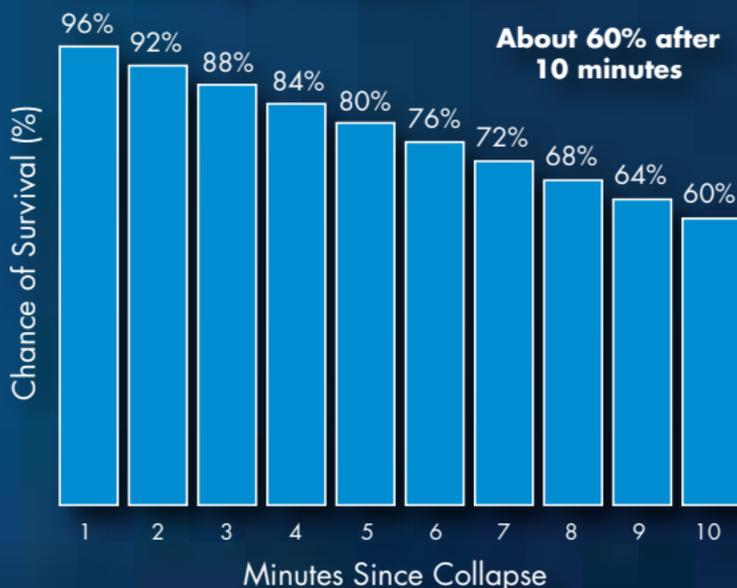
Source: 2010 AHA Guidelines for CPR and ECC. *Circulation*. 2010;122:S706.

Even CPR Alone can Make a Difference

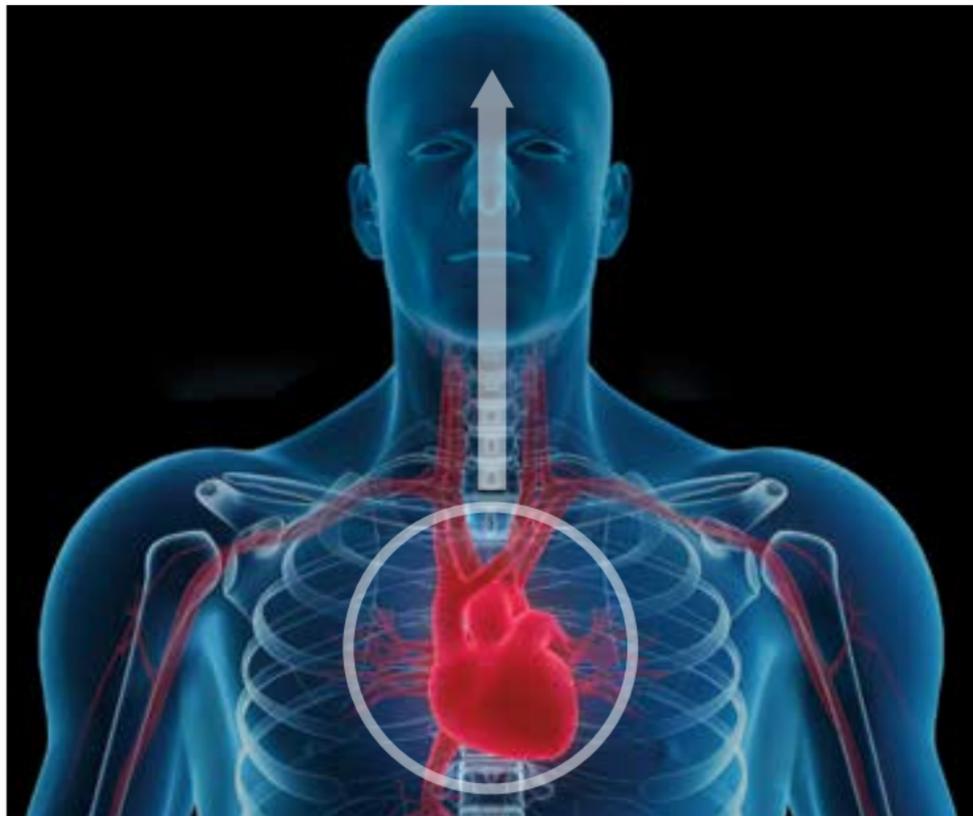
Start chest compressions immediately. Even without an AED, good CPR alone radically improves the chances of survival. The probability of success only drops by 4% every minute if you continue doing good CPR.

If you do good CPR, after 10 full minutes, **the probability of success remains at 60%! Even without an AED.**

Probability of Survival (with High-Quality CPR)

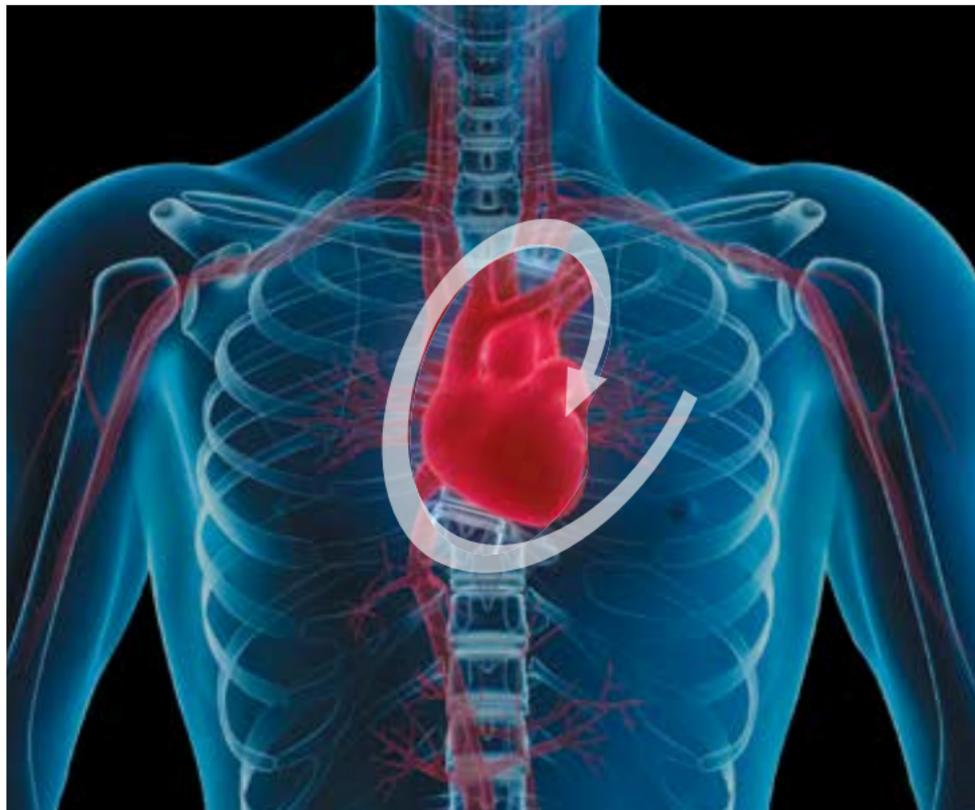


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1. CPR PROVIDES BLOOD TO THE BRAIN

By moving some blood to the brain, CPR helps to preserve it. It can also play a significant role in the survivor's quality of life.



2. CPR MOVES BLOOD THROUGH THE HEART, TO THE HEART

CPR moves blood to the heart itself. This is critical right after a defibrillating shock. A shock cannot “restart” the heart. ***It stuns it.*** Then the heart’s own electrical pacemakers can reorganize and restore a natural heartbeat. As it reorganizes, the heart struggles for blood for several minutes. By moving blood through the heart back to the heart itself, CPR provides critical help to a struggling heart.



3. EVACUATES BLOOD FROM THE ENLARGED HEART

After four minutes without CPR, the arteries have quit, but the veins have continued delivering blood to the heart. This enlarges the heart to twice its normal volume, and prevents a shock from working (even if the heart rhythm is shockable) because it is too full of blood to resume pumping. ***Chest compressions are now more critical than the shock itself*** because they can restore the heart's normal volume and allow the shock to work. A victim down longer than four minutes always needs CPR prior to delivering a shock.

What If Your AED Says... ...No Shock Advised?

Only good CPR can restore the heart rhythm to the level of activity required for a shock to work.



...Shock Advised?

CPR moves blood through the heart, back to the heart, which is critical to a reorganized normal heart rhythm.

To learn more about ZOLL's Real CPR Help®, visit www.zoll.com/realcprhelp.

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