

Security Spot Light

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An Informational Guide for Security Clients

The Benefit of CPR and AED Skills

Multiple studies show improved outcomes when individuals who have CPR and Automated External Defibrillator (AED) training must manage a cardiac event. Many organizations, including the American Red Cross, the American Heart Association and local emergency services departments, offer certified CPR and AED training courses. Many companies provide CPR training, and some may require such certification to be eligible to hold certain positions.

The AHA makes training accessible by providing a variety of options, including e-learning and online, for CPR, first aid and AED training on its [website](#). Consider registering for a course during American Heart Month. Taking advantage of the resources available to learn more can help you feel confident that you have the skills and knowledge to help manage a medical emergency.



Protect Your Heart

Hearts abound in February, not just because of Valentine's day, but also because in 1963 the U.S. President designated the month as "American Heart Month" to promote heart health and draw attention to the dangers of heart disease and cardiac arrest.

The COVID-19 pandemic has drawn added attention to heart health. Not only are people with underlying heart conditions at greater risk for developing complications if infected with the virus, but the CDC is investigating reports of long-term heart complications caused by the virus. CPR training teaches life-saving techniques that can help prepare you to manage a cardiac emergency.

According to the American Heart Association (AHA), learning CPR is accessible to anyone and everyone should make the effort to acquire the skill. Knowing how to perform it can mean the difference between life and death.

Employees equipped with life-saving skills can help in an emergency. The AHA reports that each year more than 350,000 sudden cardiac arrests occur outside a hospital setting. Other studies reinforce the value of CPR training, showing emergencies requiring the administration of Cardiopulmonary Resuscitation (CPR) will likely involve someone you know.

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Knowledge for Life

Learn more and share your knowledge to help raise awareness about heart disease and how to prevent it. Being educated about the signs of a heart attack or stroke can help save a life.

- The American Heart Association website.
- The American Heart Association's CPR & Emergency Cardiac Care offers multiple training options on a variety of topics. It includes a useful locator tool to help you find instructor-led training near you.
- Learn the difference between cardiac arrest and a heart attack and the actions that should be taken in each case in a helpful infographic from the AHA.
- Watch, Learn and Live is an interactive cardiovascular library offered by the AHA.
- The CDC website has resources to help you learn more about heart disease as well as a microsite for American Heart Month 2021.

Cardiac Arrest

Sudden Cardiac Arrest (SCA) occurs when a heart unexpectedly stops beating. As indicated by the name, it strikes quickly and without warning. SCA causes blood to stop flowing to the brain and other vital organs. Without treatment, death can follow within minutes.

AHA data suggests that each year, about 92 percent of sudden cardiac arrest victims—nearly a quarter of a million people in the United States—die before reaching the hospital. The odds of survival increase dramatically if the victim promptly receives skilled first aid while waiting for emergency personnel. Findings of the Occupational Safety and Health Administration (OSHA) seem to support this assessment. It estimates that when immediate CPR and defibrillation are provided within the first five minutes of collapse, survival rates for SCA victims can be greater than 90 percent.

Preparing Paragon Officers for Emergencies

Paragon understands the importance of having urgent care skills and partners with the AHA to offer the fundamentals of CPR and AED training online as part of its officers' professional development. After completing the online course, officers can elect to validate their skills with hands-on training and evaluation by a certified Heartsaver® Skills Evaluator after which they receive a Heartsaver® course completion card that is valid for two years.

Paragon employees who successfully complete the basic Heartsaver® course can elevate their skills by successfully completing a Core Instructor course that aligns with an AHA Training Center and passing evaluations by an AHA instructor to become an AHA Skills Evaluator.



For more information on this and other security related topics, visit the Paragon Safety Awareness Knowledge Center at <https://parasys.com/security-safety-tips/>