

IS YOUR CLUB 'RESCUE-READY'?



Only accessible and operational defibrillators save lives

The power to save lives is in our hands. Today could be the day the unimaginable happens. Today could be the day that you need to rescue, or be rescued by, someone with an Automated External Defibrillator(AED).

An AED is a life-saving device which should be installed, properly maintained and accessible at all times.

TIMING IS EVERYTHING

An AED is a device which is placed on a person who has had a cardiac arrest, in an attempt to save their life.

The AED is used to deliver an electrical shock to the patient's heart in an attempt to 'restart' normal, spontaneous electrical activity within the heart.



Use of an AED within the first three minutes of a cardiac arrest has shown to improve lifesaving outcomes of patients from 10% up to 70%.

CHAIN OF SURVIVAL

A cardiac arrest is a medical emergency. If a person has a cardiac arrest, they will not be conscious or breathing normally. They need your immediate help by calling Triple Zero (000), starting chest compressions and using a defibrillator (AED).

Every minute counts when a person is in cardiac arrest. You don't have to be a trained paramedic to help save a life. Any bystander (even with no training) can improve the likelihood of a cardiac arrest patient surviving by taking three key steps:

CALL. PUSH. SHOCK.

1 CALL

Call Triple Zero(000)
Request an ambulance.

2 PUSH

Compressions-Only CPR (Cardiopulmonary Resuscitation). Push hard and fast in the centre of the chest.

3 SHOCK

Use an AED. Provide rapid defibrillation. Anyone can use a defibrillator, as the device gives voice instructions to tell you what to do

The rescuer should continue CPR until the ambulance arrives. Remember the Triple Zero (000) operator will guide you through what to do.

For more about Cardiac Arrest information - check out Heart Facts on the Heartbeat of Football website.

TIMING IS EVERYTHING

Heartbeat of Football Foundation is committed to contributing to research which can help inform policies on improving awareness, screening and preventive measures in the future. Please report any incidents as per your organisations policies and, if possible, also at Heartbeat of Football Foundation here:

<https://heartbeatoffootball.com.au/en/reportanincident>

Together we can save lives!

RESCUE READY GUIDE

Below is a quick reference guide to audit your club's Rescue Readiness.

Does your club have an AED?

YES NO

If NO, it is strongly recommended that an AED is purchased as a matter of urgency. AEDs can be purchased from any reputable supplier (approx. cost \$2-3k). Please note, not all AEDs are equal. For more purchasing information, visit the Heartbeat of Football website.

(a) Is it VISIBLE?

YES NO

Is there a sign/sticker clearly identifying the location of your AED?

If NO, it is strongly recommended that you place appropriate signage in place as a matter of urgency. You can also register your AED with GoodSAM who are building a national location database of accessible AEDs - it's FREE to join! <https://www.goodsamapp.org/nswaed>

(b) Is it ACCESSIBLE?

YES NO

Have you communicated to all teams/managers and your Association how to access your AED?

If NO, it is strongly recommended that you communicate AED access information as a matter of urgency. There is no excuse for having your AED locked away and not accessible when required. Send a reminder to all members, players and volunteers of your club with instructions on how to access the AED (keys, pin code etc). Be sure to also advise your Association and referees of these details.

(c) Is it ACTIONABLE?

YES NO

Have you checked your AED is working?

Have you checked whether the battery or the pads need replacing?

If NO, it is strongly recommended that you check your AED as a matter of urgency. It is important that your AED is in working condition, accessible and can be used while ANY teams are training or playing at your ground. For batteries or replacement parts, contact your AED supplier.

Does your club have CPR-trained and nominated First Responders?

YES NO

Have you created a register of CPR trained people within your club?

Are they rostered on during training nights & game days?

If NO, it is strongly recommended that you do so as a matter of urgency. Having someone with CPR training available at all times is crucial when required - minutes count! Heartbeat of Football can organise FREE hands-on AED & CPR demonstrations to empower First Responders and build confidence within your community as part of their enhanced Heart Health Testing Days.

Together we can save lives!