

Sudden Cardiac Arrest In Youth Athletes: How you can save a life

SUDDEN CARDIAC ARREST (SCA)

SYMPTOMS OF SUDDEN CARDIAC ARREST

- Sudden collapse
- No breathing
- No pulse
- Loss of consciousness

Sometimes other signs and symptoms precede sudden cardiac arrest. These may include racing heartbeat, fatigue, fainting, blackouts, dizziness, chest pain, shortness of breath, weakness, palpitations or vomiting. In over half of the cases sudden cardiac arrest occurs without prior symptoms.

Survival of SCA depends on a series of critical links that together form the Chain of Survival

CHAIN OF SURVIVAL



Early recognition of the emergency and activation of the local emergency response system

Early cardiopulmonary resuscitation (CPR) with an emphasis on chest compressions

Early defibrillation

Early advanced cardiac life support by paramedics

Integrated post-cardiac arrest care

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Lindsay's Law: Sudden Cardiac Arrest in Youth Athletes

Sudden cardiac death is the most frequent cause of death in athletes.

How you can save a life:

1. Know your risks of common cardiac conditions:
 - Include link to other presentation.
2. Coaches and parents become compliant with the rules involving Lindsay's Law.
3. Become CPR/AED/First Aid trained from organizations such as the Red Cross or American Heart Association.

For more information on Lindsay's Law and how you can protect youth athletes, please visit the Ohio Dept. of Health website:

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/lindsays-law/>