

EMERGENCY PLAN

CARDIAC ARREST

112

1 RECOGNIZE THE EMERGENCY

Unresponsive + not breathing normally?

→ **ACT IMMEDIATELY!**

2 CALL FOR HELP

Call 112

- Give the club's location
- Say: cardiac arrest
- Put the phone on speaker
- One person guides the emergency services to the club

3 PUT THE CLUB INTO EMERGENCY MODE

LIGHTS ON · MUSIC OFF

INFORM THE BAR TEAM

CLEAR THE AREA OF GUESTS

Keep the access route clear for the emergency services.

4 START CHEST COMPRESSIONS

RATE

100 – 120 / MINUTE

DEPTH

5 – 6 cm

HAND POSITION: Centre of the chest – on the lower half of the breastbone.

Push hard and straight down with both hands. Allow the chest to fully recoil after each compression.

Keep interruptions to a minimum.

5 GET THE AED (from the ground floor)

GET THE AED AND SWITCH IT ON

- Attach the pads to the bare chest.
- Follow the AED's voice instructions.
- The AED determines whether a shock is required.
- **Only stop chest compressions when the AED tells you to.**

6 UNTIL THE EMERGENCY SERVICES TAKE OVER

COMPRESSIONS · AED · KEEP GOING

If possible, change the person doing compressions about every 2 minutes.

ONE PERSON COMPRESSES · ONE CALLS 112 · ONE GETS THE AED
ONE CLEARS THE WAY

REMEMBER

CHECK · CALL · COMPRESS

You don't have to be a professional. Doing nothing is the real problem.