



**St. John Ambulance**

**SAVING LIVES**  
at work, home and play



**Mississauga Branch**

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**Free AED Training Supports Heart Month  
and Home and Office Defibrillators.**

**Mississauga, January 26, 2009** – One in four Mississauga residents will contract some form of heart disease over their lifetime while 75,000 Canadians suffer heart attacks each year. As of 2004, the rate of death among patients hospitalized for heart attacks has decreased by half from 16% to 8%. Statistics show that as more and more defibrillators (AEDs) or Automated External Defibrillation units make their way into workplaces and more recently, homes, survival rates have the potential to increase dramatically. After 12 minutes without defibrillation, fewer than two to five percent of victims will survive. A recent study of the use of AED equipment in the home has shown that the chance of survival from cardiac arrest has increased by slightly more than 28%. Research continues to show the benefits of automated external defibrillators in cardiac arrest situations, particularly when combined with immediate CPR and early administration of shocks.

CPR is an emergency procedure involving chest compressions (pressing down on the chest) and artificial respiration (rescue breathing). It has the power to restore blood flow to someone suffering cardiac arrest, keeping them alive until an ambulance arrives.

Every five years the ILCOR (International Liaison Committee on Resuscitation) carefully reviews the CPR and first aid guidelines to make sure protocols that are used, follow scientific evidence proven to provide the best care for someone who is having cardiac or breathing problems. These new protocol guidelines were released in December 2005 and are now in effect. The most significant change to CPR is the ratio of chest compressions to rescue breaths – now at 30 compressions for every two breaths for all age groups (adults, children and infants)

Learning CPR is easy and inexpensive – with just six and a half hours for training, an important difference in someone's life can be made. Home may be where the heart is, but it's also the place where most cardiac arrests occur. About 80% of cardiac arrests – when the heart stops beating and the person shows no sign of life – happen in the home. Without proper training, you will be unable to provide life-saving Cardiopulmonary Resuscitation (CPR), needed to sustain a life if someone near you has suffered a heart failure.

February is Heart Month and AED training is being offered without cost to anyone taking a First Aid or CPR related course at St. John Ambulance in Mississauga.

**For more information on St. John Ambulance community services, training programs or volunteer opportunities, please call 905-568-1905 or visit our web site at [www.sja-mississauga.ca](http://www.sja-mississauga.ca).**

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*St. John Ambulance is dedicated to improving the health and the safety of the community through training and community service. Saving lives – at work, home and play.*

