



## Kyneton District SC De-Fibrillation Policy

The following policy is in place to help Kyneton District SC minimise the risks of serious injury, harm or death through access to information regarding de-fibrillation.

### Background

Cardiac arrest is the term given to the sudden loss of heart function. The person will collapse and stop breathing normally. The heart is no longer pumping blood around to the vital organs of the body.

Cardiac arrest is recognised if the person is:

1. Unconscious
2. Unresponsive
3. Has absent or abnormal breathing

Early access to defibrillation has been stated to be one of the most important factors to assist in the successful resuscitation of heart attack victims with VF. Defibrillation of the heart by first aid personnel has become possible with the advent of the automatic external defibrillator (AED).

An AED is a small, portable device designed to deliver a controlled electrical shock to a person experiencing certain cardiac arrhythmias. An AED can be purchased by individuals and organisations of all types to enhance their first aid capabilities and response. AEDs must be used in conjunction with CPR. AEDs have been designed to be used by the general community without formal training, and are equipped with verbal and visual instructions to guide the operator.

### Note

This policy is not meant to displace the knowledge or advice of medical professionals. In all relevant circumstances the club will defer judgement to any present medical practitioners. This guide is purely to provide background knowledge on cardiac arrest and AED's.

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