

An overview

000
CALL
PUSH
SHOCK



Ambulance
Victoria



Heart
Foundation

Thank you for supporting Ambulance Victoria and the Heart Foundation to increase the number of Victorians who are willing to take lifesaving action in a cardiac arrest.

In partnership with the Heart Foundation, Ambulance Victoria has designed and developed a new cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED) practice kit. The Call Push Shock Kit builds confidence and capability to recognise a cardiac arrest and take the lifesaving action of calling Triple Zero (000), starting CPR immediately and shocking with an AED (if available).

Thousands of Victorians suffer an out-of-hospital cardiac arrest every year.

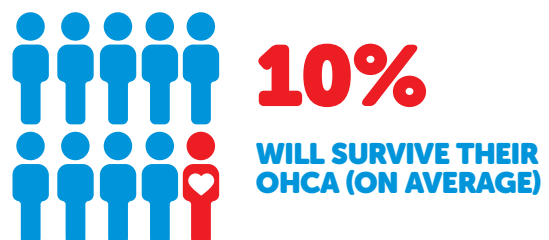
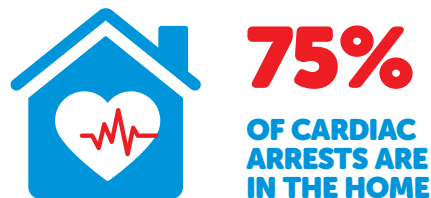
A cardiac arrest occurs when the heart suddenly stops. Immediate action is critical. For every minute without lifesaving intervention, a person's chance of surviving decreases rapidly. Tragically, only one in 10 people survive.

When a bystander performs CPR, a person is twice as likely to survive. If an AED is also used, this survival rate dramatically increases.

That's why it's vital for bystanders to act quickly.

Cardiac arrest can happen to anyone, anywhere, at any time. It can happen at any age, health or fitness level and often without any symptoms. That's why it's important that everyone knows what to do should they witness a cardiac arrest.

Saving lives is a team effort, and you are a vital part of the team.



Call Push Shock Kit

The Call Push Shock Kit is a 3-step, practice kit. If someone is unconscious and not breathing normally, seconds count. Lifesaving action is required immediately.

1. CALL

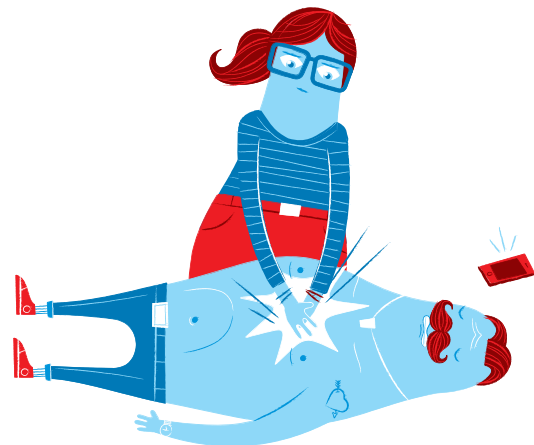
Call Triple Zero (000) now.

The call taker will talk you through CPR and using a defibrillator (AED).



2. PUSH

Push on the chest between the nipples. **Push hard. Push fast.**



3. SHOCK

If available, **turn on the defibrillator (AED)** and **follow the instructions.**



Key facts / learning outcomes

- 1. Cardiac arrest can happen to anyone, anytime and anywhere.**



3 OUT OF 4

CARDIAC ARRESTS OCCUR IN THE FAMILY HOME.

- 2. Anyone can save a life in 3 simple steps:**

Call – Push – Shock



1. The Triple Zero (000) call taker will support you to do CPR and use an AED.



2. Starting CPR immediately and is one of the most critical factors for surviving a cardiac arrest.



3. AEDs used with CPR dramatically increases the chance of survival.

Call Push Shock is:

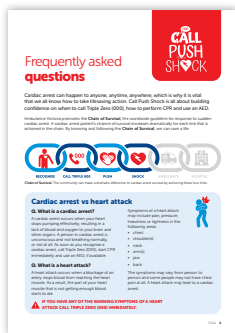
- ✓ Recognised and promoted globally in efforts to increase bystander CPR and cardiac arrest survival rates.
- ✓ Consistent with the Triple Zero (000) call taking process and supported by leading resuscitation organisations.
- ✓ Simple, and removes barriers to performing CPR by increasing confidence, capability and willingness to take lifesaving action in a cardiac arrest.

What's in each Call Push Shock Kit



An instructional mat

The rubber heart is placed on the heart outline on the mat, which has simple instructions for lifesaving action in a cardiac arrest. It's that simple, just follow the instructions.



Answers to common questions

The Call Push Shock Kit provides one Answers to common questions information sheet for each participant. This should answer any CPR or AED specific questions that participants may have. If there are further questions not answered by the information sheet, seek advice from a medical professional.



A rubber heart

The heart will 'squeak' if the correct depth of compression is administered. This makes it a self-corrective tool that encourages participants to use trial and error positions and strength to enable the 'squeak'. If any participants find it difficult to achieve the 'squeak', reassure them that any CPR is better than no CPR.



Magnetic leaflet

The Call Push Shock Kit provides a magnetic leaflet for each participant in the session. The leaflet enables participants to share these lifesaving messages with family and friends.

Further resources available

- Poster invitation to a community Call Push Shock session.
- Certificate of completion.
- Call Push Shock evaluation form.