CI SOUTH DAKOTA DEPARTMENT OF HEALTH

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

February

American

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Month

Are you Cardiac Ready?

Sudden cardiac arrest is a leading cause of death in the United States, according to the American Heart Association (AHA). And about 10,000 sudden cardiac arrests occur while victims are at work, according to Occupational Safety and Health Administration (OSHA) data.

Worksites are strongly encouraged to provide AED(s) as well as implement a plan and proper training to increase the chances of survival for people who have heart related emergencies. Placing automated external defibrillators (AEDs) in the worksite, along with providing a proper management system and training for employees on how to use the devices, can mean the difference between life and death.

Good and Healthy South Dakota created the AED Model Policy for worksites to establish a process to support the proper management of the AED and training for employee(s). This document includes model policy guidelines, which means that an organization can include some or all the components.

Cardiac Ready Communities (CRC) Program focus is to educate, equip, and empower local community members to be better prepared and more confident in helping a patient experiencing a cardiac event prior to the ambulance arriving. During a cardiac emergency, every second...every minute that passes without CPR or AED use can mean the difference between life and death. It can take the ambulance 30 minutes to respond in the most remote areas of the state.

The Cardiac Ready Community program brings together a community team including businesses. The program will educate, equip, and empower local community members to be better prepared and more confident in helping someone experiencing a cardiac event prior to the ambulance arriving. Is your business prepared to respond to a cardiac emergency? Start the conversation today! Check out three new videos at doh.sd.gov/cardiacready to see how this program is already making change in SD communities!