

Cardiac Arrest Response Plan

**COLLAPSED AND
UNRESPONSIVE**

Can you wake them up?

NO

Are they breathing normally?

NO

Assume Cardiac Arrest

- Gaspings breaths
- Seizure-like activity
- Eyes open/rolled back
- Falsely assuming a pulse
- Turning blue or grey (ashen)

GO!



Call 911

Designate someone to
meet the ambulance



Start CPR

Hands-only chest compressions.
Push hard and fast!



Get & use AED

***It takes a community
to save a life!***

Developed in
collaboration
with




CITY OF
Lethbridge


ProjectBrock