

Automated External Defibrillators – Picture This



Look at the image above there is a critical scene where knowing how to use a defibrillator in the event of an emergency is crucial to save the life of a worker who is collapsed on the floor. Sudden cardiac arrest can happen any time. [The Heart and Stroke Foundation](#) estimates that upwards of 45,000 Canadians die each year because of it. Survival rates fall between 7 and 10% for every minute that passes without defibrillation. That's why having an automated external defibrillator (AED) at workplace is so important.