By the Numbers: First Aid Matter – When Minutes Matter

- A human heart can cease beating within **4 minutes** after breathing stops.
- Permanent brain damage can occur within **4 to 6 minutes** after breathing stops.
- Average ambulance response time is **8 to 12**
- More than **1/3** of Canadian deaths each year are attributed to coronary disease, which makes it the leading cause of death in Canada.
- Each year, more than **350,000** people in the United States – one every 90 seconds – experience cardiac arrest. Those who receive CPR from a bystander are up to **3** Times more likely to survive than someone who doesn't receive such assistance.
- The survival rates of individuals suffering cardiac arrest decrease by approximately **7 – 10%** every minute that defibrillation is delayed.
- The use of an Automated External Defibrillator (AED) can save the lives of **30% or more** of those who suffer cardiac arrest.
- When defibrillation is delayed, survival rates decrease to approximately **50%** at **5** The earlier defibrillation occurs, the better the prognosis.
- Research shows that people who have first aid training can reduce their own personal injuries by as much as 30%.