

# First Aid Preparedness Stats and Facts

## FACTS

1. CPR can double or triple a person's chance of survival from sudden cardiac arrest and nearly 46% of out-of-hospital cardiac arrest victims survived when bystander CPR was administered.
2. Delivery of CPR is life-saving first aid, sustaining life until paramedics arrive by maintaining vital blood flow to the heart and brain.
3. If you aren't trained in the combined rescue breathing and chest compression method of CPR, you can use compression-only CPR on a teen or adult who has collapsed.
4. Pediatric first aid is a specialized form of training that organizations often require staff to have if they are working with children, or that new parents can (and should) learn to support their babies and young children in the event of an emergency.
5. The use of an Automated External Defibrillator (AED) can save the lives of 30% or more of those who suffer cardiac arrest. The earlier defibrillation occurs, the better!
6. Each year, there are over 2 million Canadians injured unintentionally; injuries leave 47,000 Canadians either partially or totally disabled; and immediate first aid can make the difference between complete recovery and disability.
7. Most bystanders won't give CPR because they're either scared of getting involved or that they will perform CPR incorrectly. Even someone with no training is better than no CPR at all.
8. There's no minimum age requirement to learn CPR. The ability to learn it depends on body strength and the ability to successfully perform chest compressions.

# STATS

- *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.*
- *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%.*