SUDDEN CARDIAC ARREST
Over 465,000 people die each year from sudden cardiac arrest. The most common cause is ventricular fibrillation—when the heart’s electrical impulses become irregular and the heart is unable to pump oxygen-rich blood throughout the body.

DEFIBRILLATION
Defibrillation sends an electrical current through an erratically beating heart to restore an organized heart rhythm.

AED
The AED (Automated External Defibrillator) is safe, effective, easy to use, and may restore the heart to a normal rhythm.

SAVING LIVES
AEDs are designed to be used by anyone. AEDs analyze a victim’s condition and, if necessary, delivers an electrical shock to the heart to optimally reverse sudden cardiac arrest. One-button operation with clear voice directions and automatic analysis enables a person with minimal or no training to use the device.

Note: At the scene, any person who attempts to administer AED assistance is protected under CA Assembly Bill 2041 (Good Samaritan Law) from any civil and damage lawsuits related to the incident. A copy of CA Assembly Bill 2041 can be found at www.ca.gov.

In the event of sudden cardiac arrest, initiate the chain of survival:

1. GET HELP
Make sure the scene is safe. Check if the person responds. Tap him and shout: “Are you OK?” Call 9-1-1 and tell dispatchers of the victim’s location. Get the closest AED.

2. CHECK FOR BREATHING / ASSESS AIRWAY
If the person isn’t breathing at all or is only gasping, give CPR.

3. PUSH AND GIVE BREATHS
Give 30 compressions and two breaths.
- Move clothes out of the way.
- Put the heel of hand on lower half of breastbone. Put the heel of your other hand on top of the first hand.
- Push straight down at least 2 inches at a rate of 100 compressions per minute.
- After 30 compressions, open the airway with a head tilt-chin lift.
- After airway is open, take a normal breath. Pinch nose shut, cover the mouth with your mouth. Give 2 breaths and watch for chest rise as you give breaths.

Note: if you are not confident in performing CPR as above, you can do Hands-Only CPR:
- Call 9-1-1.
- Push hard and fast in the center of the chest to the beat of the song “Staying Alive” (for the proper rate and rhythm for compressions).

3. DEFIBRILLATE
Use the AED as soon as you have it.
- Place AED near the victim on the same side as the rescuer.
- Activate the AED simply by opening case.
- Bare and prepare the chest (cut or tear away clothing, shave chest hair if necessary, and dry the chest, if wet).
- Follow AED verbal and/or visual prompts.
  - Allow AED to analyze victim’s heart rhythm.
  - Automatic AED will shock victim as required. Some older units will prompt rescuer to press button to deliver shock.
  - Continue care as AED unit instructs.
AED LOCATIONS
Check website for AED updates. See reverse for information and instructions.

| A building | Mailroom (A-8) |
| D building | Cafeteria |
| LRC | Main floor lobby |
| V building | 3rd floor: near stairs |
| Harry West Gym | 1st floor: near elevator |
| P building | 1st floor: main hallway next to elevator |

SAN DIEGO CITY COLLEGE BUILDING CODES

A See "A" inset above
B Educational Technology Center / Classrooms
C Creative Arts / Fine Arts
D Cafeteria (Reg-e Computers) / Student Affairs / Associated Student Government
E Administration / President / Vice Presidents / Deans / Campus Research
F Child Development Center
I Information Center Booth
L Academic Success Center / Assessment / CalWORKs / English Center / EOPS / Math Center / MESA / Outreach / Pilco / Puentes / First Year Services (T1W) / Tutorial Center / Umoja
M Mathematics / Science
P Health, Exercise Science, & Athletics
P-2 Fitness Center
P-3 Harry West Gymnasium (HWG)
R Library / Independent Learning Center / Multimedia Center / City Site / "R" Classrooms
RM Military Education
T City Times / CACDAM / Graphic Design / CACT / Computer Business Technology / Engineering / Technologies / Plant Operations / Technology Incubator / Stockroom
V Career Technology Center (CTC) 10th Street
W Campus Police / Cosmetology / Nursing
X Photony / Parking Permit Machine
Y Math and Social Sciences
Z Pay Telephone

CONSTRUCTION UPDATES
www.sdcity.edu

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