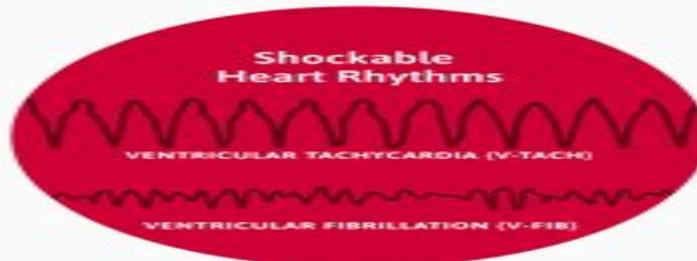


Shockable vs Non-Shockable Heart Rhythms: A Flowchart

Irregular heart rhythms are either shockable or non-shockable. Follow this flowchart to learn what you can do to help.



ASSESS THE SITUATION

A non-shockable heart rhythm is best determined by a medical professional. So, contact EMS before or while assessing with an AED.

In an emergency situation, you can use an AED to assess - it will not shock a non-shockable heart rhythm!

Initiate CPR Immediately.

Chest compressions should be performed at a rate of 100 to 120 compressions per minute.

Contact emergency medical services.

If you haven't already, dial 911 and provide information on the situation.

Provide CPR with rescue breaths.

If you're trained and confident, continue alternating 30 compressions with 2 rescue breaths.

If the person starts to move, breathe, or wake up, monitor them and be prepared to share information.

The faster, the better. Contact EMS and recognize the signs of cardiac distress:

- Absence of Pulse
- Unresponsiveness
- Erratic breathing

Locate the nearest AED.

They're found mounted to walls near public entrances and exits.

Prepare the person in distress.

Ensure the victim's chest is exposed and dry.

Apply the AED and follow the instructions.

Today's AEDs have easy-to-follow voice or visual instructions.

Deliver the shock as instructed, then resume CPR.

Early defibrillation dramatically improves survival chances for victims with shockable heart rhythms.

Of Rhythms

J Ma



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