



# Cardiac Arrest?

*think . . .* **SPASM**

**5 INITIAL ACTIONS** for the patient you find  
in (or who goes into) **Cardiac Arrest**



**(S)top:**

- Put the patient down and commit to the resuscitation
- If you are transporting, **stop the vehicle** and **call for help** – THIS PATIENT NEEDS CARE NOW



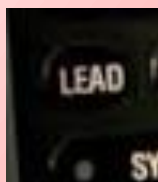
**(P)ress:**

- Manual Chest Compressions as soon as possible while someone prepares the defibrillator



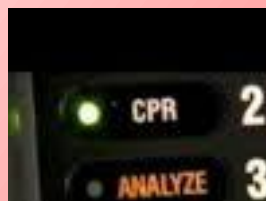
**(A)pply Pads**

- Assess for a shockable rhythm, deliver energy when appropriate



**(S)elect Paddles:**

- Press the lead button once – that's all



**(M)etronome On:**

- Follow along with the beat provided. Compression rate matters.

**Chest compressions and defibrillation save lives**