

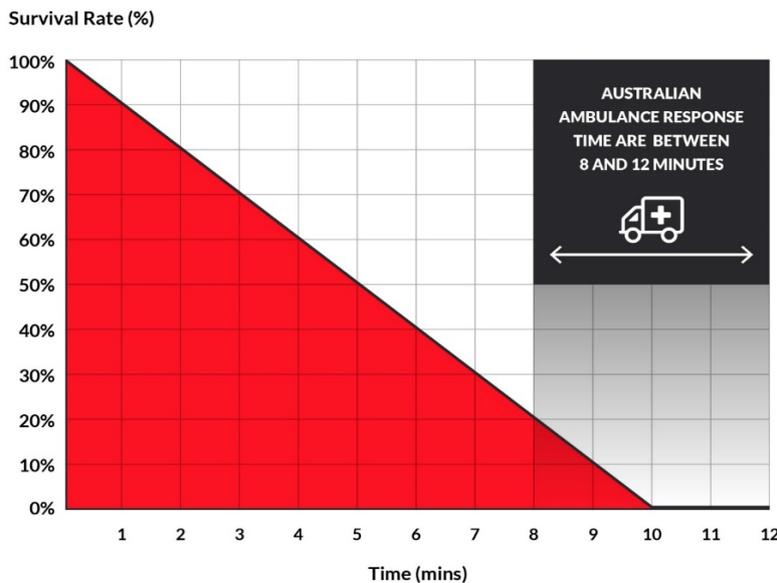
# We need defibs at work!

## Are defibs compulsory in the workplace?

No. First aid kits are, fire extinguishers are but AEDs (defibs) are not compulsory

## Why do we need defibs at work?

Ambulances can't get to most cardiac arrests victims in time to restart their heart.



The heart requires defibrillation within 5 minutes to be likely to restart.

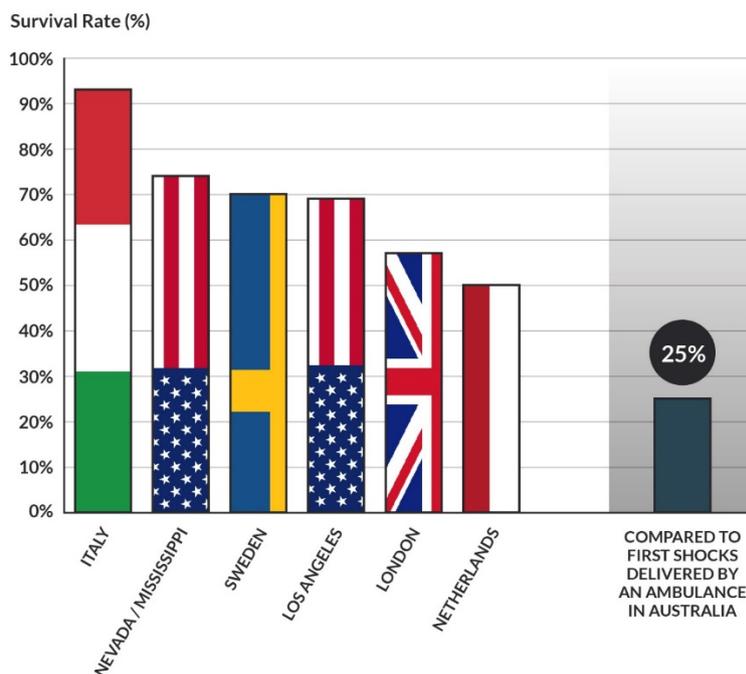
A victim's chance of surviving a cardiac arrest declines by approximately 10% per minute

Whilst exceptional globally Australia ambulance response times are around 10 mins

By the time the paramedic can arrive your loved one barely stands a chance

## What does the clinical research say?

Clinical research has proven that early defibrillation saves lives

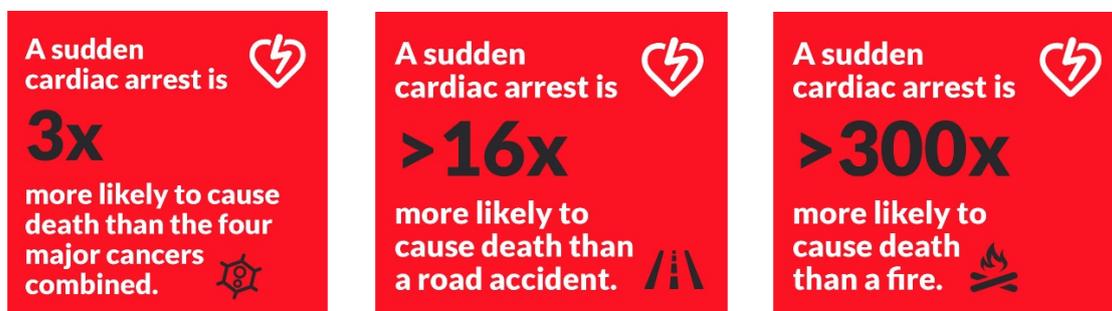


Unfortunately, some cardiac arrest victims cannot be saved. Some die in their sleep, others with no-one else around.

However, clinical research has demonstrated that early defibrillation (less than 5 mins) delivered through an onsite or nearby AED is likely to save those cardiac arrest victims whose heart stops when they are at work or play

## Is this a big issue and should we prioritise it?

Cardiac arrest is the most likely cause of death for Aussies with some 30,000 Aussies dying from it each year



## Do workplaces cause cardiac arrest?

### Workplaces contribute to cardiac arrest

There isn't one factor that we can point to as the sole cause of cardiac arrest. Stress contributes to Coronary Heart Disease<sup>1</sup> and that Coronary Heart Disease is present in about 80% of sudden cardiac arrest victims<sup>2</sup>.

The question is, does a job or workplace contribute to stress? The Victorian Government has acknowledged stress is often work related<sup>3</sup>. The Victorian government has stated that

*"It is important for employers to recognise work-related stress as a significant health and safety issue"*

Let's be honest with ourselves, we all know work is often stressful.

## Should workplaces have an AED?

### Yes, an AED in every workplace would save thousands of lives

St John estimate that only 1 in 5 Aussie workplaces have an easy to use AED.

Considering the life destroying impact of preventable cardiac arrest both to the victim, family and colleagues - all workplaces should have one. Unfortunately, most don't.

<sup>1</sup> Nabi, Herman et al *Increased risk of coronary heart disease among individuals reporting adverse impact of stress on their health: the Whitehall II prospective cohort study*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3766148/>

<sup>2</sup> Robert J. Myerburg, M. Juhani Junttila *Sudden Cardiac Death Caused by Coronary Heart Disease* Circulation. 2012;125:1043-1052 <http://circ.ahajournals.org/content/125/8/1043>

<sup>3</sup> <https://www.betterhealth.vic.gov.au/health/healthyliving/work-related-stress> visited 10 April 2018



## **Can we wait for normal market forces to influence workplaces?**

**No. Real people like your husband, sister, wife or brother are dying. Not one or two, literally thousands of tragedies.**

Perhaps if the evidence wasn't clear, or if AEDs were expensive, or hard to use, or if maybe just a few people were dying then we could kick the can down the road. That's not the case.

## **Should we regulate access to AEDs?**

**Yes. It should be compulsory for workplaces to ensure that where practical their teams are within 3 minutes of an AED**

Good regulation in Australia saves lives. Seat belts, fire extinguishers, pool fences are wonderful examples. All three give us the template for how to save lives on a massive scale, yet the evidence for AEDs are stronger than all three in terms of net benefit to Australia.

Large population workplaces should have them on site, small workplaces should find practical ways to have one as close as possible.

We believe 90% of Aussie workers should be within 3 minutes of a defib and, that just as CPR is compulsory in First Aid training, so should be using an AED.

## **Would it be hard to make this change?**

**Literally as you read this Australia has a Work Health and Safety legislation review being under taken which has the power to recommend this change**

We are calling on Ms Marie Boland's review of model WHS laws to recommend that all Australian Workplaces ensure that where practical, their teams are within 3 minutes of an AED and that the necessary training is provided to the designated First Aiders.

# **We need defibs at work!**

To find out more about the campaign visit: [www.australianhearts.com](http://www.australianhearts.com)

