



Hills Football Incorporated Defib Awareness

<https://hillsfootball.com.au/resources/>



Hills Football Incorporated – Defib Awareness

| Revision | Date | Notes |
|----------|-------------|-------|
| 1.0 | 12-Jun-2024 | |

The intent of this document is to provide information on Defibrillators, how to use them, and where to access them at a Hills Football ground

How to ensure that in the event of an emergency you are prepared.

- Accessibility
- Maintenance
- Training
- Emergency Procedures/Plans

Background information

Cardiac arrests and Heart attacks are not the same thing. With a Heart attack a person would be alert and conscious while complaining about chest pains whereas a Cardiac arrest the person loses consciousness and stop breathing. (Heart foundation, 2023).

In Australia every year there are about 20,000 out of hospital cardiac arrests (OHCA). Increasing public access to defibrillators could double the chances of survival from OHCA. Currently, 90% of patients in Australia who suffer from a Cardiac Arrest die. The widespread availability of Public Accessible Defibrillators would without a doubt result and lives saved (Paratz, Page, Jennings 2023).

How can we ensure that in the event of a Cardiac Arrest you are best prepared in helping save a life?

While a Cardiac arrest occurring can be a shocking event and can cause mass panic there are a few things which can be done to ensure that the person who is suffering a Cardiac Arrest has the best chance to survive. These actions include ensuring that the defibrillator is accessible as well as maintained, training people in CPR, and having an Emergency Procedure or plan.

Accessibility

Publicly Accessible Defibrillators need to be visible to the public and registered with Service NSW so emergency services can guide callers to a defibrillator. Having clear signage to indicate the location of a defib will also go a long way in assisting in locating a defibrillator in the event of a cardiac arrest (Paratz, Page, Jennings 2023). Maintenance of a defibrillator is a must as having a non-functioning defibrillator will waste time and can worsen the outcome in a time critical situation.



Training

Around 50% of Australians are trained to perform CPR and over half of those people had their training more than 5 years ago (Heartfoundation, 2023). CPR qualifications should be renewed every 12 months. It is important to get it renewed as our CPR skills decline every year due to not using them all the time (St John Victoria, 2017).

Emergency Procedure/Plan

It is important for clubs to have an emergency procedure/plan which everyone is aware of so in the case of an emergency there is no delay in getting treatment for the person who is suffering a cardiac arrest. An Emergency Procedure should have the following information:

- Where the Defibrillator and first aid is located
- Where emergency access to the field is
- Address of the ground including nearest cross street and any additional information
- Who to report incident to after

Hills Football facts/stats for defibrillators

- 18 out of 20 member clubs have a defibrillator present at least one of their grounds.
- 9 grounds have their defibrillator open to the public.
- 4 grounds have a free standing defibrillator at their ground

<https://www.stjohnvic.com.au/news/first-aid-certificate-expiry-date/>

<https://www.heartfoundation.org.au/blog/staying-alive-a-history-of-cpr#:~:text=In%20Australia%2C%20only%20a%20little,while%20waiting%20for%20an%20ambulance.>

<https://www.heartfoundation.org.au/blog/heart-attack-vs-cardiac-arrest>

<https://www.mja.com.au/journal/2023/219/4/defibrillator-access-across-australia-first-step-avoiding-chain-fatality#11>



Defib Location at Hills Football Grounds

| Ground | Location of Defib |
|---|--|
| Annangrove Park | Wall Mounted on the Community Environment Centre External Wall |
| Arnold Avenue Reserve | Wall Mounted |
| Balcombe Heights/Masonic Schools Oval | Wall Mounted |
| Balmoral Reserve | Wall Mounted |
| Bella Vista Oval | Wall Mounted |
| Bernie Mullane | Wall Mounted outside Referee room |
| Caddies Creek Reserve | Wall Mounted on the club house |
| Eric Mobbs 3&4 (CHRSL) | Wall Mounted |
| Eric Mobbs Reserve Field 1 (ST Bernadettes) | Wall Mounted |
| Francesco Reserve | Wall mounted |
| Fred Caterson | Wall Mounted at buildings at each field |
| Glenhaven Oval | Wall Mounted near the toilets |
| Gooden Reserve | Wall Mounted |
| Green Up Park | Wall Mounted left of the canteen |
| Hazel Ryan Reserve | Wall Mounted |
| Hills Centenary Park | Wall Mounted outside the changerooms near the canteen |
| Holland Reserve | Wall Mounted |
| Kenthurst Park | Wall Mounted |
| Les Shore Reserve | Wall Mounted in club shed |
| Max Ruddock | Wall Mounted outside the club house |
| Mccoy Park | |
| Murray Farm Reserve | Wall Mounted |
| North Rocks Park | Wall Mounted |
| Redbank Oval | |
| Russell Reserve | Wall Mounted |
| Ted Horwood Reserve | Wall Mounted between Changerooms facing field 2 and on building near field 4 |
| The Hills Grammar School | Wall Mounted in the first aid room |