



# Hills Football Incorporated Defib Awareness

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



## Hills Football Incorporated – Defib Awareness

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1.0

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Notes

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
Stringer Road Reserve	Wall Mounted Next to Canteen
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