



CHECKLIST

For Preparedness for Cardiac Risk in the Workplace



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Is your facility prepared for a sudden cardiac emergency?

Sudden cardiac arrest (SCA) can occur anywhere—including the workplace.

- Construction sites
- Factories
- Warehouses
- Corporate offices
- Schools
- Public facilities

In fact, most cardiac arrests occur outside of hospitals, where immediate medical care is not readily available.

When cardiac arrest occurs:

- Brain damage can begin within 4-6 minutes.
- The likelihood of survival decreases by 7-10% for every minute without defibrillation.
- Emergency medical response time often exceeds 8 minutes.

This list will help you assess your organization's preparedness and identify critical safety gaps before an emergency occurs.



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The Reality of Cardiac Risk at Work

Sudden cardiac arrest is not just a “medical problem.”
It’s a matter of workplace safety and risk management.



Higher-risk occupational factors include:

- Physically demanding work
- Long workdays
- Exposure to heat
- Fatigue
- High-stress environments
- Older average workforce

Even people with no known history of heart disease can suffer cardiac arrest.

Ask yourself:

- Would your team know what to do in the first 4 minutes?
- Is lifesaving equipment readily available?
- Does your facility rely solely on emergency services?

**Preparedness isn't about fear.
It's about leadership.**



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10 Questions: Preparation Self-Assessment

Answer Yes/No to each question.

1. Do you currently have at least one AED (Automated External Defibrillator) on your premises?
2. Is the AED accessible in less than 3 minutes from any high-traffic area?
3. Do employees know where the AED is located?
4. Is the device regularly inspected and confirmed to be operational?
5. Is there clear signage indicating the location of the AED?
6. Has staff received basic training on its use?
7. Is the AED suitable for your environment (dust, heat, industrial environment)?
8. Do you have a written emergency response protocol?
9. Is there a designated person responsible for the maintenance and supervision of the AED?
10. Could an employee without medical training confidently use the AED in an emergency?

Scoring Guide:

8-10 Yes → Strong level of preparedness

5-7 Yes → Moderate exposure to risk

0-4 Yes → High exposure to risk

If you answered "No" to several questions, your facility may be exposed to preventable risks.



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The Critical 4-Minute Window



When a sudden cardiac arrest occurs:

Minutes 1-2:

The person collapses. Oxygen flow to the brain stops.

Minutes 3-4:

Brain damage begins.

Minute 5 onward:

The probability of survival decreases significantly.

Average emergency response times:

Urban areas: 6-10 minutes

Rural or industrial areas: 8-15+ minutes

That difference—between collapse and the arrival of professional help—is the critical window.

An Automated External Defibrillator (AED) bridges that gap.

It does not replace emergency services.
It stabilizes the victim until they arrive.



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Location of the AED and Environmental Considerations

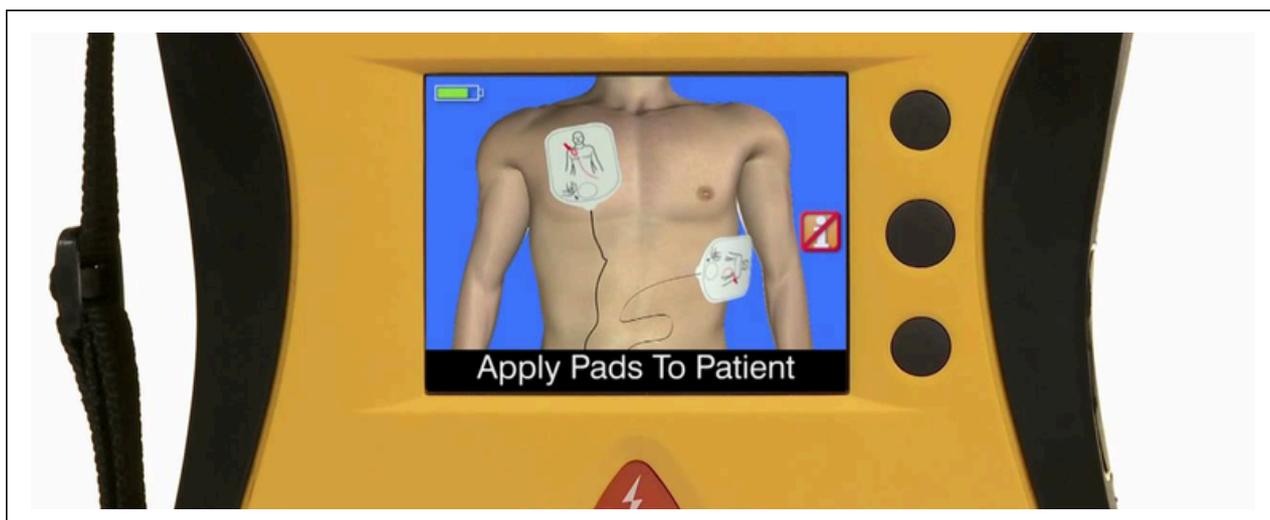
Not all AED facilities are the same.

Consider:

- High-traffic areas
- Large facilities requiring multiple units
- Separate buildings or work areas
- Remote industrial sites
- Environments with dust, vibration, or extreme temperatures

Best practices for location:

- Installed on the wall in a visible area
- Near entrances or main corridors
- Close to high-risk areas
- Clearly identified with universal signage



The goal:

Access in 3 minutes or less.

If the access time is longer, the chances of survival decrease.



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Risk Exposure Warning Indicators

Your organization may be at greater risk if:

1. You rely solely on calling 911
2. Access to the AED requires opening a locked cabinet
3. Staff are unfamiliar with emergency protocols
4. There is no designated safety officer
5. The equipment has not been recently inspected
6. Your industry involves physical labor or exposure to heat

Cardiac emergencies are unpredictable. Lack of preparedness shouldn't be.



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Act Today. Strengthen Your Organization's Security.

Identifying gaps is the first step.
Closing those gaps is leadership.

At Paladius, we work with industrial, corporate, and government organizations in Puerto Rico to implement Automated External Defibrillator (AED) solutions designed for real-world work environments.

It's not just about acquiring equipment.
It's about building an effective response system.

REQUEST A FREE AED READINESS REVIEW