Cardiac Chain Of Survival

If someone suddenly collapses, they may be having a cardiac arrest. Get emergency help immediately.

Every minute delayed decreases the chance of survival by 10%. EMS can take 6–12 minutes to arrive so you must begin assisting.

Their life depends on your quick action!

Be Ready! Recognize It’s Sudden Cardiac Arrest (SCA)
- Victim is collapsed, unresponsive and not breathing
- Don’t be fooled by gasping, gurgling or seizure-like activity
- SCA may also be caused by a hard blow to the chest

Call 9-1-1
- Follow emergency dispatcher’s instructions
- Call on-site emergency responders
- Ask anyone to retrieve an AED

Hands-Only CPR
- Begin CPR immediately
- Push hard and fast in the center of the chest
- 2-inch compressions—about 100 per minute

Defibrillation
- Know where to find your onsite AED
- Follow step-by-step audio instructions
- AED will not hurt the person, only help