

# 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