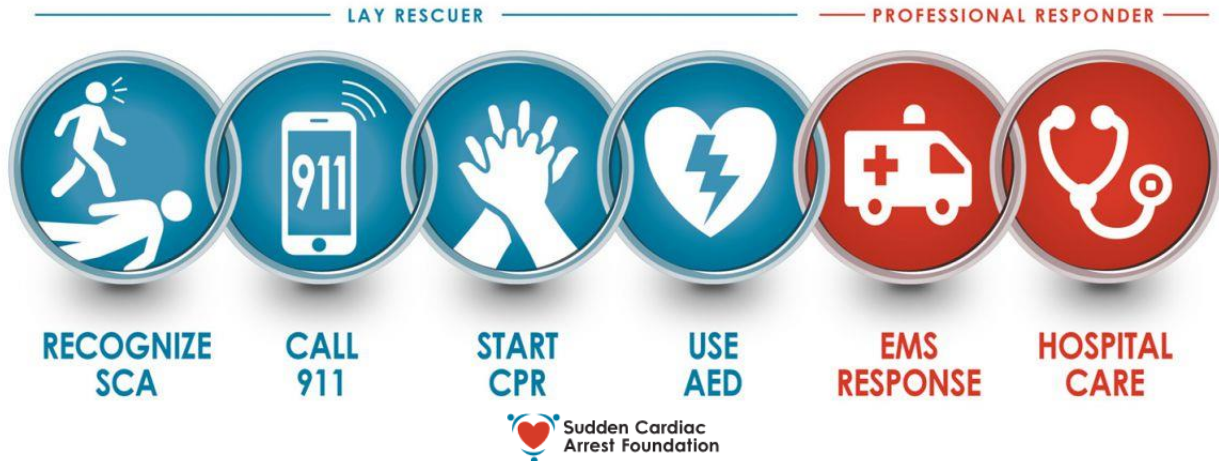


Chain of Survival



The “Chain of Survival” refers to the chain of events that must occur in rapid succession to maximize the chances of survival from sudden cardiac arrest (SCA). This image is a simple way to educate the public about its vital role in helping SCA victims. It suggests that each link is critical and interdependent, and the Chain of Survival is only as strong as its weakest link. Bystanders can help save lives by addressing the first four links in the Chain of Survival.

The links in the Chain of Survival are:

1. **Recognize SCA:** If a person is unresponsive and not breathing normally, call 911.
2. **Call 911:** Call 911 to get help. Follow the emergency dispatcher’s instructions.
3. **Start CPR:** Start CPR to triple the chance of survival. Push hard and fast in the center of the chest (100–120 compressions/minute).
4. **Use AED:** Use an automated external defibrillator (AED) to restart the heart. Follow the step-by-step prompts/instructions.
5. **EMS response:** Transfer care to emergency medical services professionals, who will provide advanced life support.
6. **Hospital Care:** Hospital professionals will continue integrated post-cardiac arrest care

<https://www.sca-aware.org/about-sudden-cardiac-arrest/the-chain-of-survival>