

FIRST AID

CHAIN OF SURVIVAL



The chain of survival is a series of actions, or links, that when put quickly in motion increase the odds of survival. If the chain is broken, or has a link missing, the odds of survival will be reduced.

1

To prevent cardiac arrest

Early recognition and call for help

Recognise those at risk of cardiac arrest and call for help in the hope that early treatment can prevent arrest.



2

To buy time



Early CPR
Start CPR to buy time until medical help arrives.



4

To restore quality of life

Post-resuscitation care
Care provided by the paramedics and the hospital.



3

To restart the heart



Early defibrillation
Defibrillators give an electric shock to reorganise the rhythm of the heart.

After suffering from a cardiac arrest, with each passing minute, a casualty's chance of survival diminishes roughly by 6-10%.



First Aid Explained

Yi-Tong Ma



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