

# Chain of Survival

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

### Early **CPR**

Start CPR to buy time until medical help arrives



## 3 RESTART THE HEART

### Early **DEFIBRILLATION**



Defibrillators give an electric shock to reorganise the rhythm of the heart



## 4 RESTORE QUALITY OF LIFE

### Post-resuscitation Care



Care provided by the paramedics and the hospital



# The Pulse

**NORMAL  
HEART  
RATES**

beats per minute:

**ADULTS 60 - 100**

**CHILDREN 90 - 110**

**INFANTS 110 - 130**

The 3 main locations for a pulse for first-aid purposes:



**RADIAL** In the wrist



**CAROTID** In the neck



**BRACHIAL** In the upper arm

**First Aid is for Everyone**

[www.training4employment.co.uk](http://www.training4employment.co.uk)



**4training**  
employment

For All Your Training Needs