

# 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

**Clemens Wendtner**



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