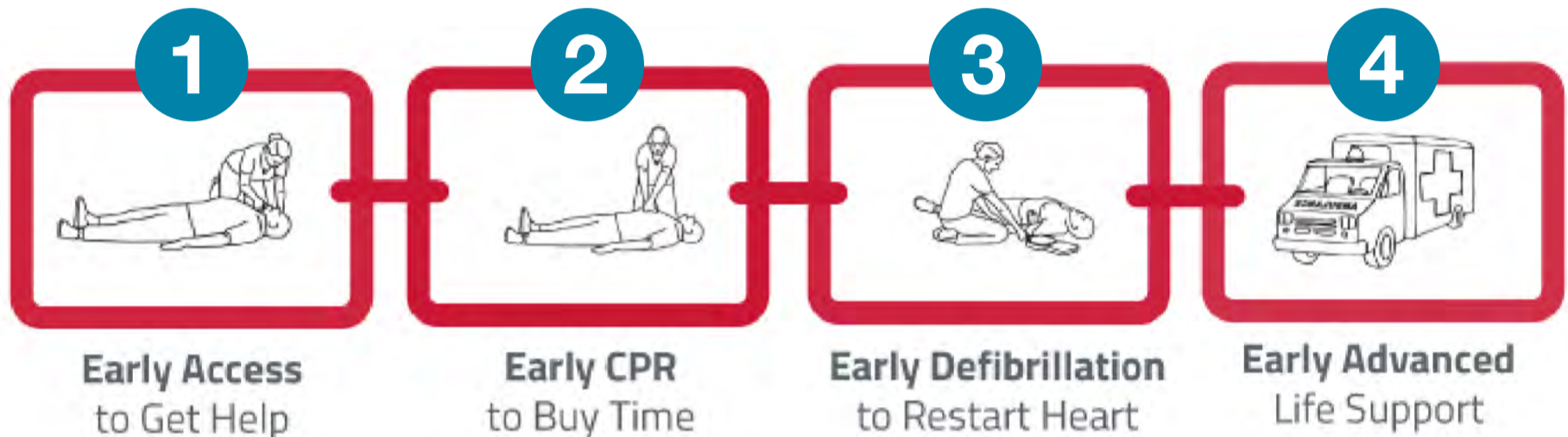


Chain of Survival

When the heart stops beating unexpectedly with no prior warnings like chest pain or shortness of breath, Sudden Cardiac Arrest (SCA) can be fatal extremely quickly. The Chain of Survival is a series of closely linked actions that bystanders can take to reduce preventable SCA casualties. Awareness of the steps in the Chain Of Survival, improved knowledge and real life practice of techniques like CPR and Defibrillation will assist dramatically.



1

- Recognise that it's a Sudden Cardiac Arrest (SCA).
- Call Triple Zero (000).
- Ask someone to find a Defibrillator (AED) if possible.

A First Aid course can help you learn how to identify SCA in a casualty by thoroughly checking breathing and consciousness.

GoodSAM, a free global smartphone app, is linked to the 000 communications centre that alerts responders to someone nearby in a cardiac arrest and nearest Defibrillator.

2

- Begin CPR immediately.
- Apply 30 chest compressions to 2 breaths until a Defibrillator (AED) arrives or help comes.

If CPR starts within 4 minutes of the heart stopping, oxygenation of vital organs like the brain can be maintained.

3

- Use a Defibrillator on the casualty - it will try to shock the heart back into action.
- Anyone can use a Defibrillator as they provide audio instructions on the steps to follow.

There is a significantly improved survival rate if a Defibrillator is used within 8-12 minutes. Each minute without Defibrillation reduces the chances of survival by 10%.

Many public places (sporting facilities, supermarkets and workplaces) have a Defibrillator. Find your nearest Defibrillator here: www.registermyaed.ambulance.vic.gov.au/

4

- Medical treatment such as giving medication and stabilising the airway will increase the chance of survival even further.
- The casualty will need a visit to a hospital for appropriate care and monitoring to ensure their long term health and wellbeing.