



**Early
Access**



**Early
CPR**



**Early
Defibrillation**



**Early
Advanced Care**

The First Link in the Chain of Survival

Emergencies can happen to you, family, friends or co-workers. Many deaths can be prevented if victims receive immediate help from someone properly trained in CPR, Automated External Defibrillation (AED), and first aid. You are the first link in the chain of survival. Make sure you are ready by obtaining proper training. Contact your local Red Cross or EMS agency for more information on CPR, AED and first aid training.

Cardiac Chain of Survival

The cardiac chain of survival is the current treatment for sudden cardiac arrest and consists of a series of four critical steps. All four steps of the chain must be present to help increase the chances of survival from sudden cardiac arrest. The four steps are:

- Step one: Early access to care (calling 9-1-1 or another emergency number)
- Step two: Early cardiopulmonary resuscitation (CPR)
- Step three: Early Automated External Defibrillation (AED)
- Step four: Early advanced cardiac life support, as needed

**TAKE THE FIRST STEP TOWARD
EMERGENCY PREPAREDNESS**



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Early Automated External Defibrillation (AED)

- Defibrillation is the single most effective treatment for sudden cardiac arrest, and survival rates can be greatly improved if CPR and AED are utilized within 3-5 minutes of arrest.
- Community AED programs speed access to effective treatment when someone suffers cardiac arrest.
- According to the American Heart Association, only 5 percent of sudden cardiac arrest victims survive because CPR and defibrillation occur too late.
- If AEDs were more readily available and the survival rate increased from 5 percent to 20 percent, approximately 40,000 more lives could be saved annually.



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TAKE THE FIRST STEP TOWARD EMERGENCY PREPAREDNESS