



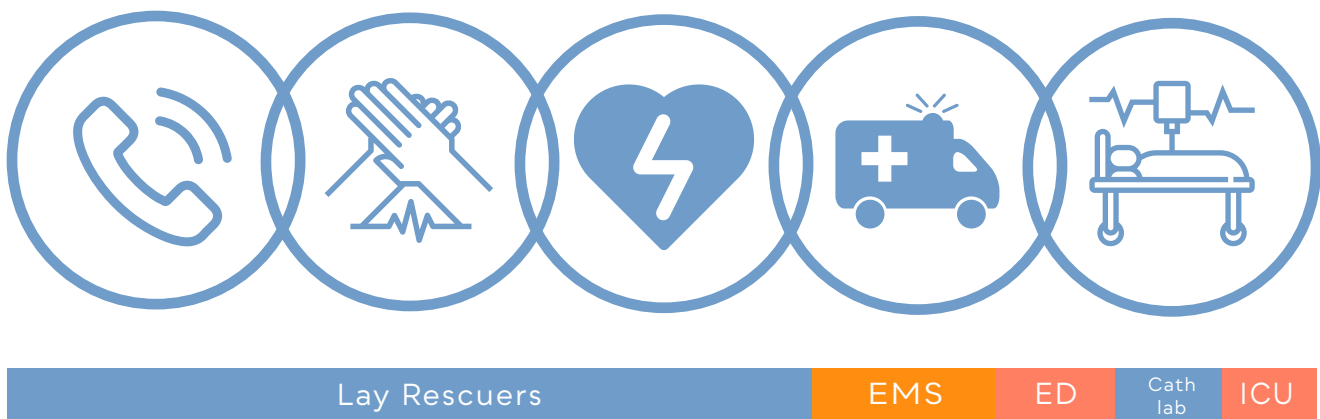
# The Chain of *Survival*

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Equipping and empowering you to save a life.



The chain of survival refers to a series of actions that, properly executed, reduce the mortality associated with cardiac arrest. Like any chain, the chain of survival is only as strong as its weakest link. The five interdependent links in the chain of survival are early access, early CPR, early defibrillation, early emergency medical services, and early advanced cardiac life support.



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*The term Chain of Survival provides a useful metaphor for the elements of the ECC systems concept.*

# The 5 links in the Adult Chain of Survival

1. Immediate recognition of cardiac arrest and activation of the emergency response system
2. Early cardiopulmonary resuscitation (CPR) with an emphasis on chest compressions
3. Rapid defibrillation
4. Basic and advanced emergency medical services
5. Advanced life support and post-cardiac arrest care

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*A strong Chain of Survival can improve chances of survival and recovery for victims of heart attack, stroke and other emergencies.*