

# The Chain of Survival

## 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**



## Early CPR

**Start CPR to buy time until medical help arrives**



## Early defibrillation

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



## Post resuscitation care

**Provide professional help in order to restore the quality of life**

