

# When Every Second Counts... YOU Make the Difference!

## CARDIAC CHAIN OF SURVIVAL

### 1. Recognize Sudden Cardiac Arrest

- Collapsed and unresponsive
- Gaspings, gurgling, snorting, moaning or labored breathing noises
- Seizure-like activity
- Blunt trauma to the chest

### 2. Call 9-1-1

- Confirm unresponsiveness
- Call 9-1-1 and follow emergency dispatcher's instructions
- Call on-site first responders; one should retrieve AED

### 3. Start CPR Immediately

- Push hard, push fast on the center of the chest

### 4. Use Automated External Defibrillator (AED)

- Immediately retrieve and use an AED to restore the heart to its normal rhythm

### 5. Advanced Care

- Emergency Medical Services (EMS) responders begin advanced life support including additional resuscitative measures and transfer to a hospital



**Parent Heart Watch.**  
THE NATIONAL VOICE  
PROTECTING YOUTH FROM SUDDEN CARDIAC ARREST



For more information:

[www.ParentHeartWatch.org](http://www.ParentHeartWatch.org) or 800-717-5828