

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

CARDIAC CHAIN OF SURVIVAL

1. Recognize Sudden Cardiac Arrest

- Collapsed and unresponsive
- Gasping, 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 or 800-717-5828