

Chain of survival alt text, image description, and plain text

Alt text/image description

The infographic sets out the series of events that need to happen quickly in order for someone to recover from having an out of hospital cardiac arrest. This is pictured by having 6 blue circles which are connected, and which have text and accompanying icons setting out each of the steps.

Plain text

1. Community readiness
2. Early recognition and call for help - to prevent cardiac arrest
3. Early CPR - to buy time
4. Early defibrillation - to restart the heart
5. Post resuscitation care - to restore quality of life.
6. Aftercare