THE CHAIN OF SURVIVAL

EARLY ACTIVATION AND AED ACCES

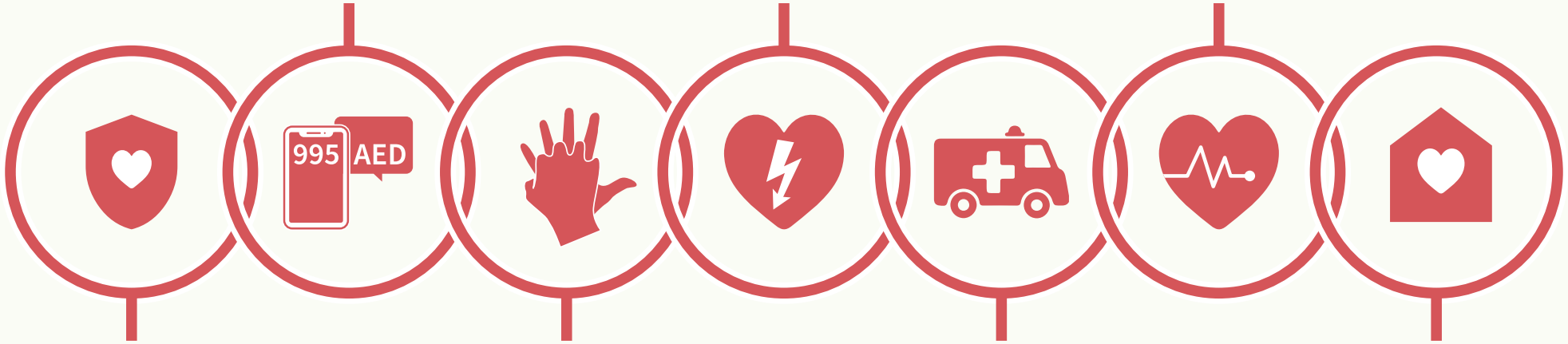
Call for ambulance (dial 995) and get an AED if visible and near-by. Follow the SCDF dispatcher's instructions.

EARLY DEFIBRILLATION

Automated external defibrillators (AEDs) are increasingly available in the community, at lift lobbies, void decks, gymnasium, shopping malls, hotels, airports and schools etc. Apply onto the casualty and be ready to defibrillate.

ADVANCED CARDIAC LIFE SUPPORT

Medical teams will provide advanced cardiac life support at the hospital with the use of Intravenous/Intraosseous (IV/IO) medication and delivery of oxygen via mechanical systems (ie. Bag-Valve Masks and ventilators).



PREVENTION

Prevention is better than intervention. A healthy diet and lifestyle can reduce the risk of heart diseases. Going for regular medical check-ups can help detect problems early and prompt the individuals to seek treatment early and adjust their diet and lifestyles.

EARLY CPR

The brain cells start dying within 4-6 minutes of cardiac arrest. CPR must be initiated as soon as possible to provide blood and oxygen flow to the brain and heart.

EMERGENCY MEDICAL SERVICES (AMBULANCE)

Quick access to the scene and transport to the hospital makes a difference to the casualty's chances of survival.

RECOVERY

To ensure a good survival outcome after OHCA requires continued community and medical support (ie. social services, physio/occupational therapy, nutritional guidance, etc) and therapy to re-habilitate the individual back to normalcy.

Avocado Medical

With reference to CPRAED-Manual-REV-1-2022, Singapore Resuscitation and First Aid Council.