

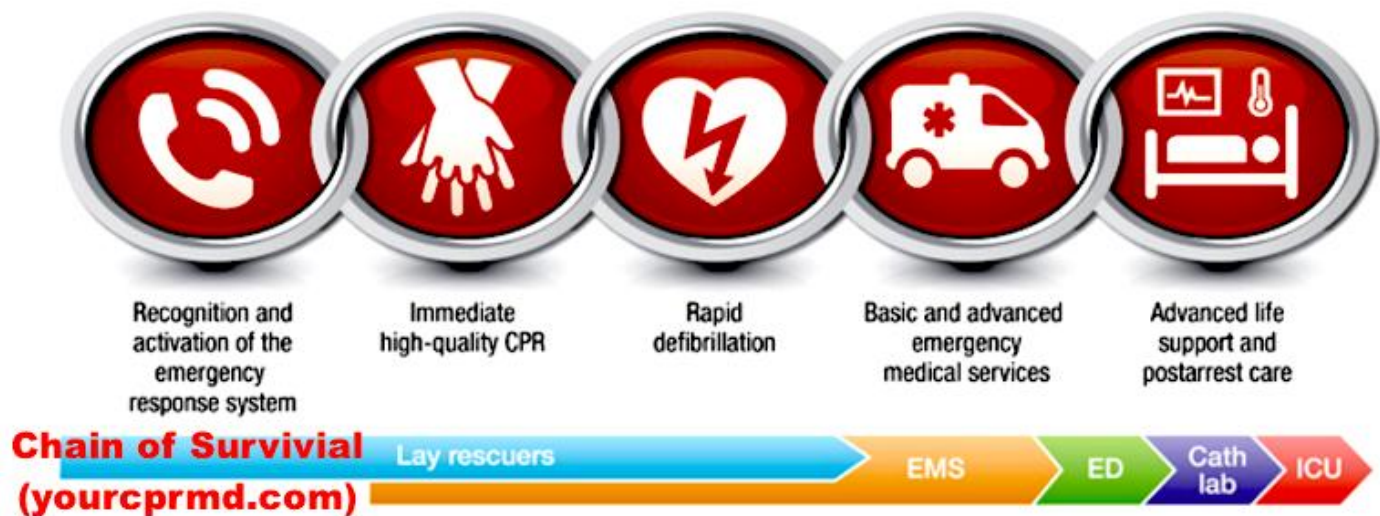
CPR- The most important part of chain of survival





The [CPR Fontana CA](#) education is proud to spread the message about the life saving chain of survival and importance of Cardio pulmonary resuscitation in it. Did you know that every 40 second, a person suffers from stroke? One out of every six persons will suffer a stroke in his life time. In the United States alone the maximum number of disability is due to stroke; and it the number 5th cause of most of the deaths. When a person suffers from a stroke the first attack takes place on the cardiac pulmonary functioning. It stops due to the shock and to save the patient from further damage or death chain of survival is important. The [CPR Classes Fontana CA](#)

is gaining popularity due to the importance of CPR in the chain of survival.



Let's discuss more about the chain of survival and how it is performed in the patients who have encountered a stroke or cardiac pulmonary dysfunction. The health care workers of [First Aid Certification Fontana CA](#) and almost all healthcare workers around the world work on the five basic steps of chain of survival. These steps are:

- Identification of cardiac pulmonary arrest and activation of urgent response system: As soon as anyone is found with a cardiac pulmonary arrest, his heartbeats and breathing should be the first thing to check.
- Initial CPR with prominence on chest compressions: The chest compressions are performed along with the ventilations. However it is very important to customize the sequence of compressions and ventilations. The rates, the depth, the recoiling of chest are some of the important points to be kept in mind while performing the CPR. The **CPR Fontana CA** experts suggest that the compressions should be given at the rate of 100-120 compressions per minute. The depth of the compressions should be at least 5cms and leaning on the chest should be avoided while giving compressions to ensure proper recoiling of the chest. After every 30 compressions, ventilation or mouth to mouth respiration should be given.
- Speedy defibrillation: It is an important step because if the defibrillation is applied within 3-4 minutes of cardiac pulmonary arrest, the chance of survival gets doubled. But it is available only after the victim reaches the hospital.

- Advanced CPR by the hospital staff or other certified healthcare personnel: proper care can only be given only after the victim reaches the hospital. If the condition of the patient is still not stable, defibrillations can be given.
- Post cardiac-pulmonary arrest care is very important and such patients should not be left alone.



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Performing the chain of survival is a very important basic life saving skill and should be known by the common people also not just the health care workers. The [BLS Fontana CA](#) have always conveyed the message to common people that they should know the basic steps of the chain of survival because a good chain of survival can prevent the person from dying out of cardiac pulmonary arrest. The chances of survival and the speed of recovery also increase. For this more and more people are opting for the [CPR Certification Fontana CA](#) courses.