

Acton

Fire Department

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You Can Save a Life — Acton Fire Reminds Community of Chain of Survival, Basic Life-Saving Skills

ACTON — Chief Anita Arnum encourages the community to familiarize themselves with the Chain of Survival and other basic life-saving skills so that they can efficiently intervene in the event of a cardiac event.

The Chain of Survival is a critical concept in emergency medicine that outlines the essential steps needed to improve the chances of survival for individuals experiencing sudden cardiac arrest.

The Chain consists of five key links: early recognition and activation of emergency response, early cardiopulmonary resuscitation (CPR), rapid defibrillation, effective advanced life support, and integrated post-cardiac arrest care.

The beginning actions of the chain can be performed by anyone. The steps are simple: recognize that an individual is experiencing a cardiac event and dial 911, perform high-quality CPR, and carry out rapid defibrillation using an automated external defibrillator (AED) if one is available.

Bystander participation is crucial in the first few links, as immediate action can double or even triple a person's survival chances. In the Town of Acton, the importance of this was recently demonstrated when, in the last seven weeks, three individuals were successfully resuscitated after experiencing cardiac arrest because bystanders quickly initiated the Chain of Survival.

Acton is well-equipped with AEDs in many public and private buildings, and every police cruiser and fire apparatus carries an AED. However, CPR before the arrival of an AED is critical in providing a good outcome, as it helps maintain circulation and oxygen flow to the brain, increasing the likelihood of survival until defibrillation can be performed.

"Early action is oftentimes a determining factor in the case of cardiac events. Knowing the signs of a heart attack and knowing how to perform CPR and use an AED are skills that everybody should have," said Chief Arnum.

According to the American Red Cross, for every minute that defibrillation is delayed, survival chances decrease by 10 percent. The Acton Fire Department is proud to operate ambulances at an Advanced Life Support (ALS) level, essentially bringing the Emergency Room to the patient, ensuring that those experiencing a medical emergency receive the highest level of pre-hospital care.

"Though we always hope for the best, we must always be prepared for a medical emergency to occur. This means having the skillset and the tools around you to act in a swift manner," Chief Arnum added. "Your actions can start the Chain of Survival and save a life!"

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A message from the Acton Fire Department

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