

# ESOURCE NEWSLETTER

## First Aid and CPR: The Chain of Survival

Mastering the chain of survival order can seem overwhelming.

Indeed, when it comes to emergency response, this is often the #1 challenge people face. The chain of survival order.

Many are clueless about how to navigate it. But knowing these steps separates an average bystander from a potential lifesaver. Without the proper knowledge of how to respond in an emergency, one may be unable to save a life. Folks, understanding this sequence isn't easy.

I've heard countless stories where people froze in critical situations because they didn't know what to do next. It left them feeling helpless and scared of future emergencies.

No surprise there! But here's the hard truth... If we don't take the time to educate ourselves on these crucial steps, we risk being mere spectators in life-threatening situations instead of active, effective responders. The power to make a difference lies in our hands, starting with proper training and awareness.

### Chain of Survival Order: A Lifesaving Guide for Emergencies

Learn CPR and AED use, and improve survival rates in critical situations.

### Understand the Chain of Survival Order

The chain of survival is a crucial sequence that, when followed in rapid succession, can significantly boost survival rates from sudden cardiac arrest (SCA). This series plays an essential role in saving lives threatened by SCA.



The American Heart Association's (AHA) chain comprises five vital links.

### 1. Early Recognition and Emergency Assistance Call

This first link involves recognizing immediate symptoms such as loss of consciousness or lack of pulse and initiating swift action by calling for emergency help.

### 2. Provide Early CPR with Emphasis on Chest Compressions

The second step emphasizes providing early cardiopulmonary resuscitation (CPR), focusing particularly on chest compressions to maintain blood flow to vital organs until advanced life support arrives. Studies have shown that early CPR can double or even triple the chances of survival after cardiac arrest.

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### 3. Prompt Defibrillation Using an Automated External Defibrillator (AED)

Prompt defibrillation using an AED forms the third step; this procedure restores regular heart rhythm following SCA.

#### Recognize Cardiac Arrest Symptoms

The first crucial step in the chain of survival is identifying symptoms of sudden cardiac arrest (SCA). Unlike heart attacks, SCAs can strike abruptly without prior discomfort or pain.

#### Sudden Loss of Responsiveness

An individual experiencing SCA will suffer an instantaneous loss of responsiveness. They won't react to touch or sound and cannot communicate or exhibit signs of awareness.

#### No Normal Breathing Pattern

A key symptom includes the absence of normal breathing. The victim may gasp for air, which is a reflex known as agonal respiration, but this should not be mistaken for regular breathing.

#### Chest Pain and Discomfort

In certain cases, individuals might experience chest pain leading up to a cardiac arrest event. This could present itself as pressure, a squeezing sensation, fullness, or even feelings similar to indigestion.

#### Fainting and Dizziness

Fainting (syncope) or severe dizziness can also precede SCA due to inadequate blood flow caused by irregular heart rhythms (arrhythmias).

#### Perform CPR and Use an AED

CPR and AED utilization are essential components of the adult chain of survival protocol, making them a must-have skill for any health and safety professional. These survival steps are integral parts of the adult chain of survival order.



#### The Significance of Cardiopulmonary Resuscitation

CPR combines chest compressions with artificial ventilation. This technique aims to maintain brain function during a heart-related emergency until more advanced medical help arrives on the scene. Those who survive SCA invariably receive this intervention rapidly after their heart stops functioning.

1. **Maintaining blood flow:** Performing high-quality chest compressions ensures that vital organs receive oxygenated blood.
2. **Saving lives threatened by cardiac emergencies:** Early initiation increases chances for successful revival from SCA dramatically when done correctly within the first few minutes post-arrest event occurrences itself, thereby increasing achieved survival rates substantially over the time period involved here under consideration. This significantly enhances patient prognosis, thus leading to greater recovery potential. (Continued, Page3)

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### Administer First Aid

The chain of survival order is a critical sequence to follow in any medical emergency, with first aid playing an essential role.

First aid refers to the immediate care given during health crises. It's not just about saving lives threatened by severe conditions like sudden cardiac arrest (SCA) but also managing minor injuries and illnesses until professional help arrives.

### Achieving Survival Rates through Early CPR

In cases of SCA, administering CPR quickly can significantly raise the chances of survival. When someone experiences instantaneous loss of heart function, rapid succession events occur that could lead to death if left unaddressed.

Early CPR is crucial for increasing the chances of survival.

### Utilize Professional Training Programs

The power to save lives threatened by sudden cardiac arrest or other emergencies often lies in the hands of bystanders. The key? Effective training programs that teach survival steps and provide advanced life support techniques.

Achieved survival rates are significantly higher when immediate response is initiated, underscoring the importance of early CPR provision and AED use. But where can you acquire these lifesaving skills?

### American Heart Association (AHA)

The American Heart Association, a leading authority on heart health, offers globally recognized courses like Basic Life Support (BLS), Advanced Cardiovascular Life Support (ACLS), and Pediatric Advanced Life Support (PALS). Their curriculum revolves around their 'aha chain' – a sequence of actions designed to increase chances for successful resuscitation.



### American Red Cross (ARC)

The American Red Cross has it covered if you're after variety. From Adult First Aid/CPR/AED certification to Babysitting Basics, ARC ensures everyone from professionals to lay responders, has access to vital knowledge.

### Ongoing Education: Key To Preparedness

Certification isn't enough; regular refresher courses prepare your team for action should an emergency occur at work. Remember – those who survive SCA invariably receive care in rapid succession post-event.

### Important Takeaway:

When emergencies strike, remember the chain of survival order: recognize and report the emergency, perform CPR, use an AED if available, provide advanced life support when EMS arrives, and ensure transfer to a hospital for post-resuscitation care. Your quick action can be a lifesaver.





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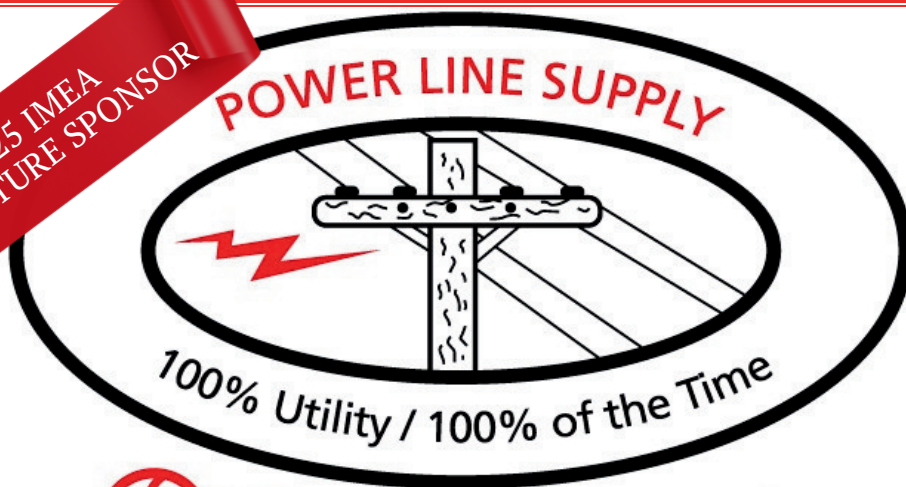
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## WHY YOU SHOULD CHOOSE IMEA LINEMAN TRAINING INSTITUTE

- Better Student-to-Instructor Ratio at 10:1 versus larger schools
- Each lineman instructor has at least 20+ years of experience
- Diverse instructor staff. Many of our linemen have not only over 30 years' experience but are well versed in substation, overhead distribution, underground utility construction, and transmission.
- Our instructors are patient, knowledgeable, consistent, and collaborative with students-not adversarial.
- In-house FULL CDL training and testing facilities. This cannot be emphasized enough as obtaining a CDL is critical to job placement, and IMEA makes obtaining a CDL very easy and affordable versus other programs. MOST schools will help you only obtain the permit versus earning the entire CDL. We do ALL of the training and TESTING in-house, on-site.
- Job placement services and career planning services.
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# **LINEMAN TRAINING INSTITUTE**



## OUR PROFESSIONAL SERVICES



### Personal Protection Equipment and Procedures

Students will learn about safety working procedures and personal protection equipment.



### Electrical Systems

Students will learn the basics of the entire electrical system from generation through transmission, distribution, and conversion.



### Basic Electricity

The students will be taught the fundamentals of practical and mathematical application of Direct Current and Alternating Current.



### Transformers

Students will learn how and why transformers are used, banked, energized and the various configurations of both Delta and Wye.



### Personal Protective Grounding

Students will learn how and why companies work on transmission and distribution lines as well as all equipment and methods used when working.



### Rigging And Knot Tying

Students will learn how to tie specific knots, splice rope and learn the proper use of various ropes, slings, block and tackle.

## Why Us?

### Are You Ready To Begin Your Career Ahead Of Your Competitors?

Our lineman school program will allow you to begin your career ahead of all the rest. Our students have experience performing the jobs of a lineworker, as well as obtaining professional knowledge of the industry while they proceed through our program. Our students are well equipped to stand out from the interview to the actual job. Our program will provide an outlet for electric companies to search for new qualified applicants.

Our students will be able to enter the industry with the technical skills that their employers can't pass up!

Do you want to learn from Experienced and Knowledgeable Linemen?

The lineman school instructors at IMEA Lineman Training Institute have extensive real world experience in power generation, transmission and distribution. Their exceptional understanding of the industry and what companies are looking for makes our program a cut above other schools. Our students will have hands-on experience in the trade and be coached in problem-solving skills in order to help them excel in their work.

Do you want to be able to graduate and have the opportunities for immediate positions anywhere? Then this trade is the right career for you. IMEA Lineman Training Institute provides its lineman school graduates with a listing of municipalities that will be useful in your search. Our instructor's connections with the leaders of the trade will also give the students of IMEA Lineman Training Institute the upper hand at finding a career. Our students will be trained, not only to look for the job, but to find jobs. A career planning class is required to help our students create a resume and learn to find their own jobs.

**So is it what you're looking for?**



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