



CHALLENGE BADGE

WHAT IS THE GOLDEN HOUR?

The Golden Hour refers to the first sixty minutes following an accident or medical emergency and is a crucial period in the Chain of Survival. Early help for people who are sick or injured is extremely important. Recognising the signs of cardiac arrests, heart attacks and other emergencies and knowing what to do is the first link in the chain and can drastically improve the patient's outcome.

THINGS YOU CAN DO TO HELP DURING THE GOLDEN HOUR INCLUDE:

Calling for an ambulance

Asking for help

Starting CPR

Keeping safe

THE CHAIN OF SURVIVAL



Early Access and Recognition



Early CPR



Early Defibrillation



Early Advanced Care

Being able to recognise someone is in cardiac arrest and calling 999 for an ambulance is the first step to helping them.

Performing 30 chest compressions followed by two breaths can ensure oxygen reaches the brain until a defibrillator arrives.

Being confident in using a defibrillator to restart someone's heart is vital. For every minute that the patient is left without defibrillation, their chances of survival decrease by 10%.

The delivery of advanced emergency care by the doctors or critical care paramedics who arrive on scene can further improve the outcome for the patient.



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