

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



- Recognize the signs of someone in trouble and shout for help.
- Rescue and remove the person from the water (without putting yourself in danger).
- Ask someone to call emergency medical services (EMS). If alone, give 2 minutes of care, then call EMS.
- Begin rescue breathing and CPR.
- Use an AED if available and transfer care to advanced life support.