

WHAT IS HYPOXIA?



HYPOXIA IS THE DEPRIVATION OF OXYGEN TO THE BRAIN, AND IS ONE OF THE DEADLIEST INJURIES. EVEN PEOPLE WHO SURVIVE HYPOXIA MAY EXPERIENCE LIFELONG AFTEREFFECTS.

CAUSES OF HYPOXIA

NO BLOOD SUPPLY TO THE BRAIN

LOW BLOOD SUPPLY TO THE BRAIN

NO BLOOD OXYGEN

LOW BLOOD OXYGEN

HOW LONG CAN A PERSON SURVIVE OXYGEN DEPRIVATION?

 0 MINUTES

LOSS OF OXYGEN

 1-2 MINUTES

BRAIN DAMAGE MAY BEGIN

 5 MINUTES

DEATH OF BRAIN CELLS
& SEVERE BRAIN DAMAGE

 10 MINUTES >>

DEATH IS LIKELY

OVERALL HEALTH AND SPECIALIZED TRAINING MAY IMPACT THE TIMELINE.