

BASIC LIFE SUPPORT

D



CHECK FOR DANGER

Ensure the area is safe for:

- Yourself
- Bystanders
- Casualty

R



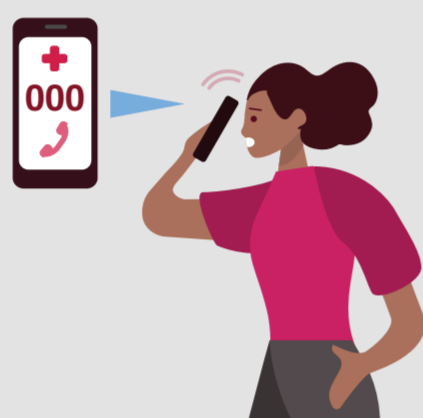
CHECK FOR RESPONSE

No Response

SEND FOR HELP

Call (000) or ask another person to call.

S



A



OPEN THE AIRWAY

Check for airway obstruction. If debris is present, roll the casualty to the recovery position and clear. To open the airway, tilt the head back and lift the chin.

B



CHECK BREATHING

LOOK – LISTEN – FEEL for 10 seconds

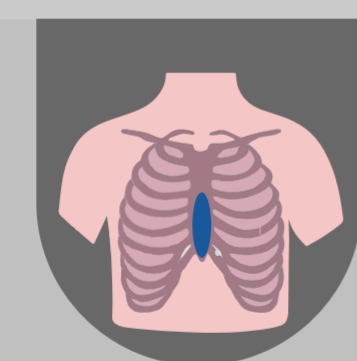
Not breathing or breathing abnormally

Normal breathing
Place in the recovery position and monitor breathing

START CPR

30 Chest Compressions + 2 Breaths

C



CPR position



Adult (>8 years)



Child (>1 year)



Infant (<1 year)

Pressure

2 hands

1 or 2 hands

2 fingers

Depth

5 cm +

5 cm

4 cm

Rate

Almost 2 compressions per second (100-120/min)

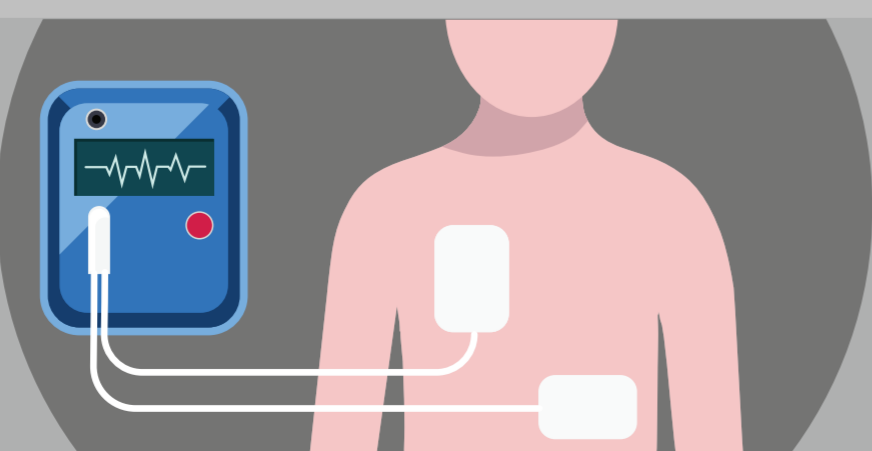
Breath

2 full breaths with head tilt & chin lift

2 shallow breaths with head tilt & chin lift

2 puffs
NO head tilt & slight chin lift

D



ATTACH DEFIBRILLATOR (AED)

Where an AED is available, attach it as soon as possible and follow the instructions. Continue CPR and defibrillation until signs of life resume or medical professionals take over.