

BASIC LIFE SUPPORT

DANGERS

Always check for danger to:
Yourself / Bystanders / Victim

RESPONSE

1. Use voice and touch
2. If no response call "000" or mobile "112"

AIRWAY

1. Check airway:
If blocked - roll onto side & clear
If clear - gently tilt head backwards
2. Look for "Signs of Life"

BREATHING

1. Is victim breathing?
LOOK / LISTEN / FEEL
2. If victim not breathing normally:
Give 2 initial breaths
3. Re-check victim for "Signs of Life"
4. If no "Signs of Life" commence compressions

COMPRESSIONS

1. Position heel of hand in "centre of chest"
2. Compress 30 times to $\frac{1}{3}$ depth of chest
3. Compress at rate of 100/min (approx 2/sec)
4. Repeat (30 comps : 2 breaths) x 5 times
5. Re-check "Signs of Life", if none:
Continue CPR until help arrives
or "Signs of Life" return

DEFIBRILLATE

1. If available, quickly attach AED
2. Follow AED prompts

CLEARING AIRWAY LOOK / SCOOP / TILT



TILT HEAD BACK TO GIVE 2 BREATHS



COMMENCE COMPRESSIONS 30 compressions / 2 breaths



**REMEMBER ANY ATTEMPT
AT RESUSCITATION IS BETTER
THAN NONE**

Signs of Life: Normal Breathing/Conscious
Responsive/Moving
AED: Automated External Defibrillator