












BASIC LIFE SUPPORT STEP-BY-STEP

SEQUENCE/ACTION	TECHNICAL DESCRIPTION
<p>SAFETY</p> 	<ul style="list-style-type: none"> • Make sure that you, the victim and any bystanders are safe
<p>RESPONSE Check for a response</p> 	<ul style="list-style-type: none"> • Shake the victim gently by the shoulders and ask loudly: "Are you all right?"
<p>AIRWAY Open the airway</p> 	<ul style="list-style-type: none"> • If there is no response, position the victim on their back • With your hand on the forehead and your fingertips under the point of the chin, gently tilt the victim's head backwards, lifting the chin to open the airway
<p>BREATHING Look, listen and feel for breathing</p> 	<ul style="list-style-type: none"> • Look, listen and feel for breathing for no more than 10 seconds • A victim who is barely breathing, or taking infrequent, slow and noisy gasps, is not breathing normally
<p>ABSENT OR ABNORMAL BREATHING Alert emergency services</p> 	<ul style="list-style-type: none"> • If breathing is absent or abnormal, ask a helper to call the emergency services or call them yourself • Stay with the victim if possible • Activate the speaker function or hands-free option on the telephone so that you can start CPR whilst talking to the dispatcher
<p>SEND FOR AED Send someone to get an AED</p> 	<ul style="list-style-type: none"> • Send someone to find and bring back an AED if available • If you are on your own, DO NOT leave the victim, but start CPR
<p>CIRCULATION Start chest compressions</p> 	<ul style="list-style-type: none"> • Kneel by the side of the victim • Place the heel of one hand in the centre of the victim's chest - this is the lower half of the victim's breastbone (sternum) • Place the heel of your other hand on top of the first hand and interlock your fingers • Keep your arms straight • Position yourself vertically above the victim's chest and press down on the sternum at least 5 cm (but not more than 6 cm) • After each compression, release all the pressure on the chest without losing contact between your hands and the sternum • Repeat at a rate of 100-120 min⁻¹

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<p>COMBINE RESCUE BREATHING WITH CHEST COMPRESSIONS</p> 	<ul style="list-style-type: none"> • If you are trained to do so, after 30 compressions, open the airway again, using head tilt and chin lift • Pinch the soft part of the nose closed, using the index finger and thumb of your hand on the forehead • Allow the victim's mouth to open, but maintain chin lift • Take a normal breath and place your lips around the victim's mouth, making sure that you have an airtight seal • Blow steadily into the mouth whilst watching for the chest to rise, taking about 1 second as in normal breathing. This is an effective rescue breath • Maintaining head tilt and chin lift, take your mouth away from the victim and watch for the chest to fall as air comes out • Take another normal breath and blow into the victim's mouth once more to achieve a total of two rescue breaths • Do not interrupt compressions by more than 10 seconds to deliver the two breaths even if one or both are not effective • Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions • Continue with chest compressions and rescue breaths in a ratio of 30:2
<p>COMPRESSION-ONLY CPR</p> 	<ul style="list-style-type: none"> • If you are untrained, or unable to give rescue breaths, give chest-compression-only CPR (continuous compressions at a rate of 100-120 min-1)
<p>WHEN AED ARRIVES Switch on the AED and attach the electrode pads</p> 	<ul style="list-style-type: none"> • As soon as the AED arrives switch it on and attach the electrode pads to the victim's bare chest • If more than one rescuer is present, CPR should be continued whilst the electrode pads are being attached to the chest
<p>FOLLOW THE SPOKEN/ VISUAL DIRECTIONS</p> 	<ul style="list-style-type: none"> • Follow the spoken and visual directions given by the AED • If a shock is advised, ensure that neither you nor anyone else is touching the victim • Push the shock button as directed • Then immediately resume CPR and continue as directed by the AED

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<p>IF NO SHOCK IS ADVISED Continue CPR</p> 	<ul style="list-style-type: none">• If no shock is advised, immediately resume CPR and continue as directed by the AED
<p>IF NO AED IS AVAILABLE Continue CPR</p> 	<ul style="list-style-type: none">• If no AED is available, OR whilst waiting for one to arrive, continue CPR• Do not interrupt resuscitation until:<ul style="list-style-type: none">• A health professional tells you to stop OR• The victim is definitely waking up, moving, opening eyes, and breathing normally• OR• You become exhausted• It is rare for CPR alone to restart the heart. Unless you are certain that the victim has recovered continue CPR• Signs that the victim has recovered<ul style="list-style-type: none">• Waking-up• Moving• Opening eyes• Breathing normally
<p>IF UNRESPONSIVE BUT BREATHING NORMALLY Place in the Recovery Position</p> 	<ul style="list-style-type: none">• If you are certain that the victim is breathing normally but still unresponsive, place them in the recovery position SEE FIRST AID SECTION• Be prepared to restart CPR immediately if the victim becomes unresponsive, with absent or abnormal breathing