

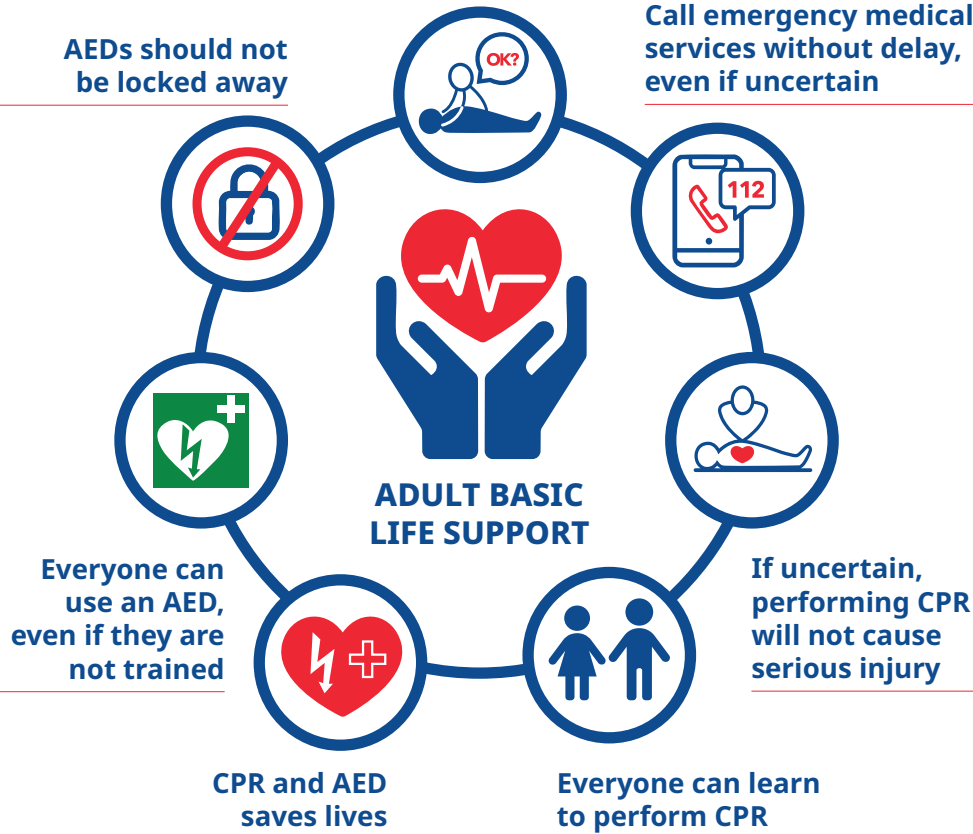
Adult Basic Life Support

Key messages

Learn how to recognise a cardiac arrest

AEDs should not be locked away

Call emergency medical services without delay, even if uncertain



3 STEPS TO SAVE A LIFE

Check

Unresponsive

- Safety
- Responsiveness

Call

Absent or abnormal breathing

- Call EMS without delay
- Use phone on speaker
- Check for breathing
- Follow the dispatcher's instructions

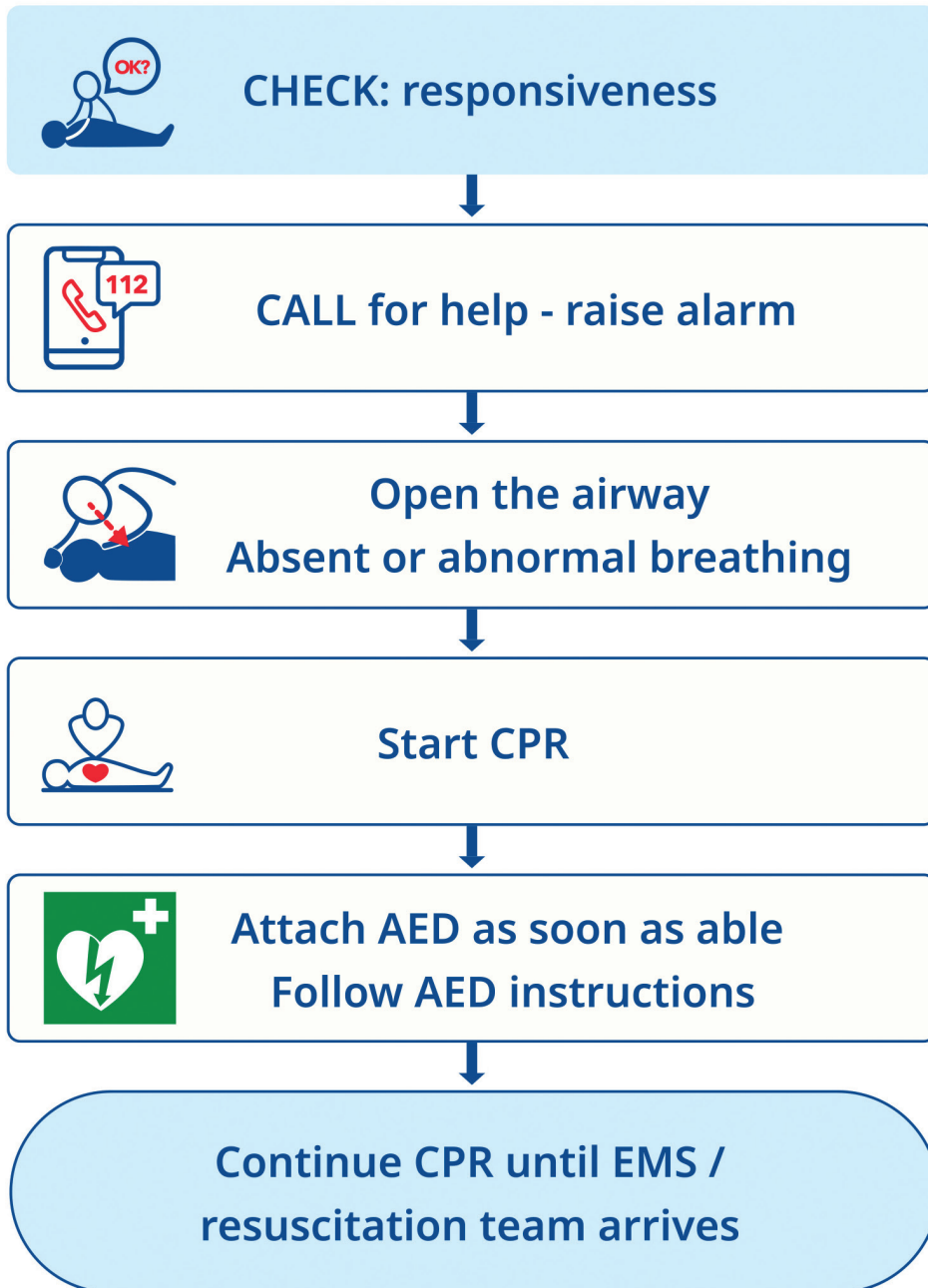
CPR & AED

- Start CPR
- Attach AED as soon as one is available
- Follow AED instructions
- If you are unsure, the dispatcher will help

***Saving a life
only needs your hands -
get trained in CPR***



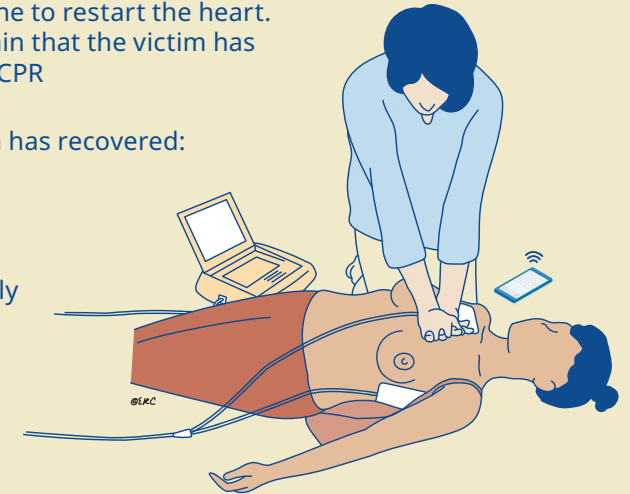
ERC Basic Life Support algorithm



- If no AED is available, **or** whilst waiting for one to arrive, continue CPR
- Do not interrupt resuscitation until:
 - A health professional tells you to stop OR
 - The victim is waking up and breaths normal OR
 - You become exhausted

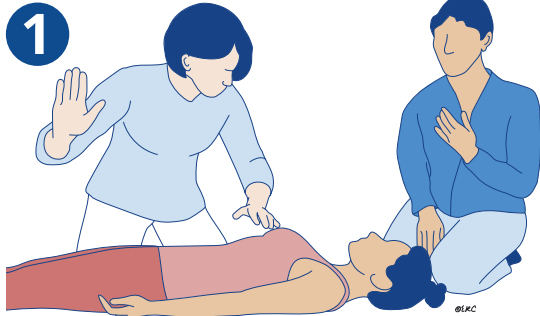
• It is rare for CPR alone to restart the heart. Unless you are certain that the victim has recovered continue CPR

- Signs that the victim has recovered:
 - Waking-up
 - Moving
 - Opening eyes
 - Breathing normally

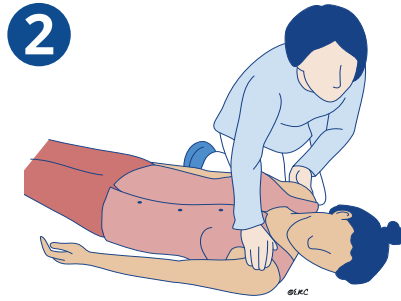


Basic Life Support

Step-by-step



1 Make sure that you, the victim and any bystanders are safe



2 Shake the victim gently by the shoulders and ask loudly: **"Are you all right?"**

3

- If the victim is unresponsive, 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



- Position the victim on their back
- Open the airway as shown here

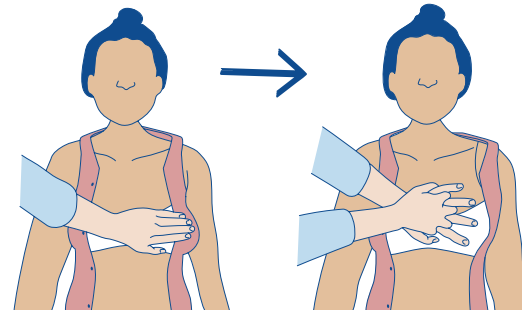
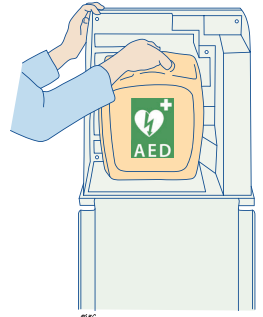
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- **Look, listen and feel** for normal breathing, less than 10 sec.
- Infrequent breathing, slow and noisy gasps = not normal breathing



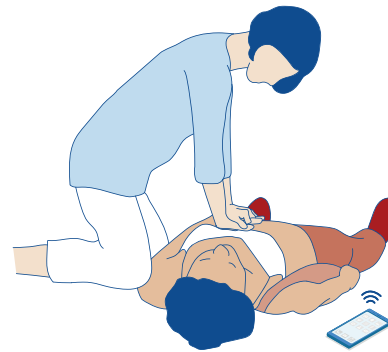
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- Send someone to bring an AED
- If alone, stay with the victim and start CPR



7 **START CHEST COMPRESSIONS**

- Kneel by the side of the victim
- Place the heel of one hand in the centre of the victim's chest and then the heel of your other hand on top of the first hand



- Keep your arms straight
- Position yourself vertically above the victim's chest and press down on the sternum 5 to 6 cm, in a rate of 100 to 120 per minute
- After each compression, release all the pressure on the chest without losing contact between your hands and the skin
- If trained in BLS, provide 2 ventilations after 30 chest compressions
- Continue chest compression and ventilation in a ration of 30:2



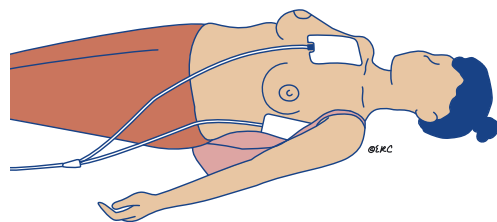
If you are untrained, or unable to give rescue breaths, give chest-compressions-only CPR (at a rate of 100-120 per minute)



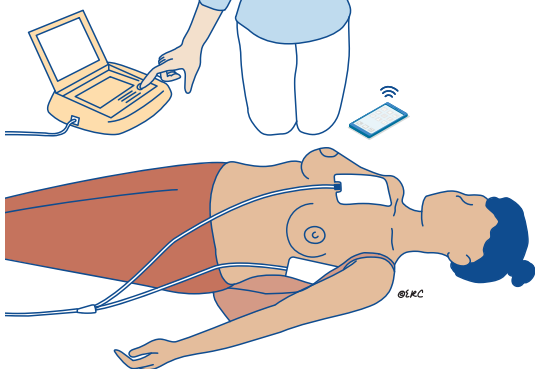


- Switch on the AED, attach the defibrillation pads to the person's bare chest
- If more than one rescuer is present, continue CPR whilst pads are placed to the chest

- Follow the spoken and visual AED directions
- **If a shock is advised**, ensure that no one is touching the victim



- Push the shock button as directed
- Then **immediately** resume CPR
- **If no shock is advised**, immediately resume CPR



Call for help without delay

Out-of-hospital

- Phone on speaker
- Check for breathing
- If you are unsure, the dispatcher will help
- Follow dispatcher's instructions

In-hospital

- Check for breathing and signs of life
- Request AED or defibrillator
- Alert resuscitation team

Start CPR

Adult

If not BLS trained

- Chest-compression only CPR

If BLS trained

- CPR 30:2

Paediatric

If not PBLs trained

- 5 rescue breaths
- CPR 30:2

If PBLs trained

- 5 rescue breaths
- CPR 15:2



SCAN TO DISCOVER MORE