

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

Basic Life Support Study Guide 2012

Wolfgang Guggemos



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