





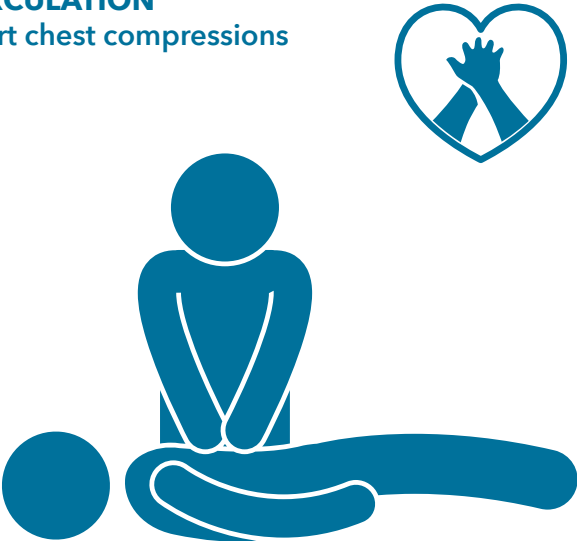
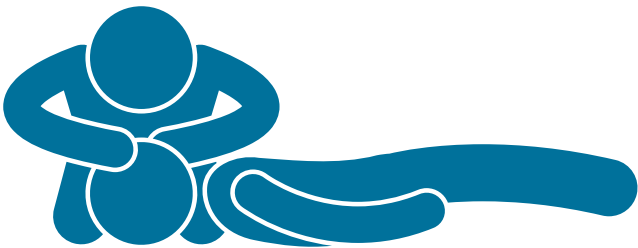

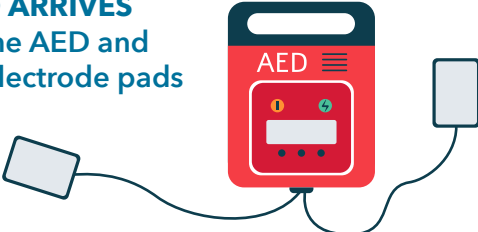
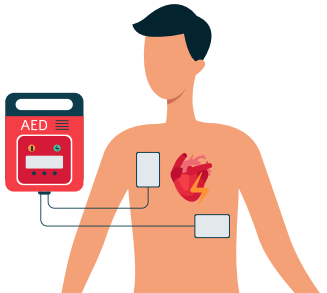





BASIC LIFE SUPPORT STEP-BY-STEP

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: <i>"Are you all right?"</i>
<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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SEQUENCE/ACTION	TECHNICAL DESCRIPTION
<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

BASIC LIFE SUPPORT STEP-BY-STEP

SEQUENCE/ACTION	TECHNICAL DESCRIPTION
<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