Basic Life Support Flow Chart

D

Check for DANGER

Remove hazards and ensure the space is safe for yourself, the casualty and others.

R

Check for RESPONSE

Ask name and squeeze shoulders.

- If unresponsive, send for help.
- If responsive, make comfortable and monitor response.

S

SEND for Help

Call 000 or 112 for an ambulance, or ask another person to make the call. Send for a defibrillator (AED), if required.

A

Open AIRWAY

Check mouth and nose. If foreign material is present, roll recovery position and use your fingers to clear away. Open the airway by supporting jaw and tilting the head.

B

Normal BREATHING

Look, listen and feel for signs of breathing, e.g. the rise and fall of the chest.

- If breathing is normal, place in the recovery position.
- If breathing is not normal, start CPR.

C

Start CPR

30 Compressions : 2 Breaths (rate of 100–120 compressions per minute) until help arrives or the casualty recovers.

- Infant under 1 year: Do not tilt the head back. Cover both mouth and nose for rescue breaths. Use 2 fingers to compress the chest to 1/3 depth.
- Adult/child over 1 year: Compress the chest to 1/3 depth.

D

Attach DEFIBRILLATOR (AED)

If available, apply the AED and follow the prompts.

Continue CPR until responsiveness or normal breathing returns.

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