

Chain of survival









Adult Basic Life Support



- PERSON IS UNRESPONSIVE
- Safe to Approach
- shout for help
- open airway
- not breathing normally?
- Call 999
- 30 chest compressions
- 2 rescue breaths & 30 chest compressions





Approach safely



- Approach with care
- Check out the scene
- Is it safe for you to approach?
- Is the victim safe?
- Are all bystanders safe?











Shake shoulders gently

Ask loudly:

"Are you all right?"

If they respond:

Leave them as you find them

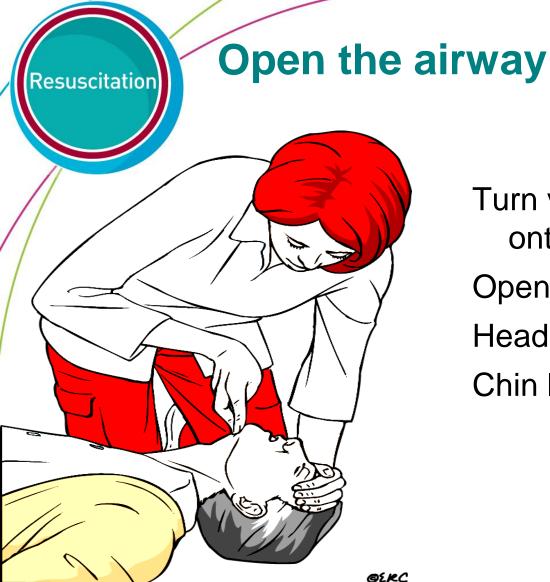
Find out what is wrong

Reassess regularly

If they don't respond:

SHOUT FOR HELP!







Turn victim onto her / his back Open the airway Head tilt Chin lift

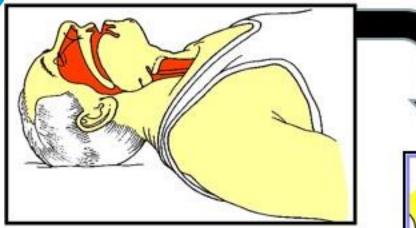


for the **North West**

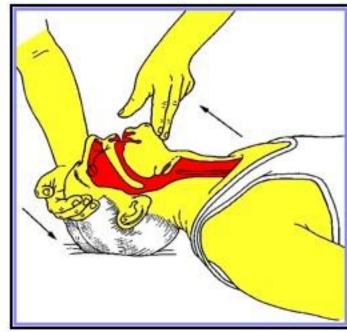


Head tilt, chin lift





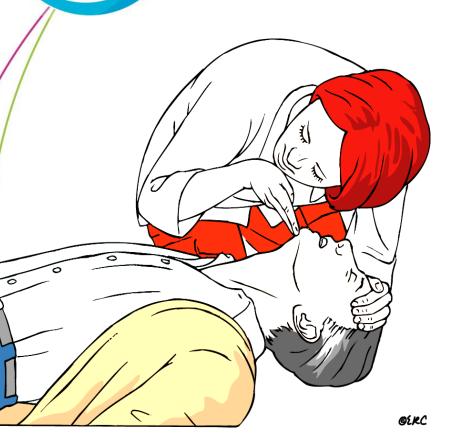
Opens the airway











Look for chest movement

- Listen for breath sounds
- Feel for air on your cheek
- Do for 10 seconds





Calling for help if not breathing normally



- Ask someone else to call
- Use your mobile if you're on your own
- Only leave the victim if there is no other option
- Ask for Defib







What to say



State the nature of the emergency. e.g. "suspected cardiac arrest"

State the exact location

Ask for defib







Start chest compressions

Place the heel of one hand in the centre of the chest

Place heel of other hand on top

Interlock fingers vertically above victims chest, arms straight

Compress the chest:

rate 100-120 min

depth 5-6 cm

equal compression: relaxation

If more than one rescuer is present, change rescuer every 1 - 2 mins





Rescue breaths





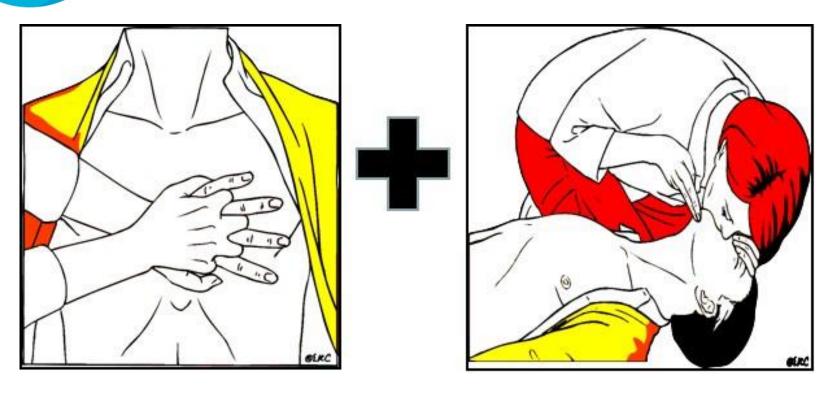
After 30 compressions
Pinch the nose
Take a normal breath
Place lips over mouth
Blow until the chest rises
Allow chest to fall
Repeat





Continue CPR





30 chest compressions

2 rescue breaths



for the **North West**



Only stop if the victim starts:



- Coughing
- Opening their eyes
- Speaking
- Moving purposefully
- Breathing normally
- If there is more than one rescuer, change rescuer / resuscitator every 1 - 2 minutes to prevent tiredness
 - Avoid any delay during changeover
 - Don't interrupt chest compressions



for the

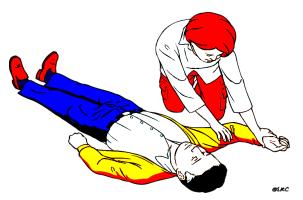




The recovery position



If the victim starts to breath normally







for the **North West**



