

ADULT BASIC LIFE SUPPORT

Check responsiveness



If responsive:
Observe
Get help if necessary

If not responsive:
Shout for help

Open airway Check breathing



If not breathing normally

Get help

Give two effective breaths



Check for signs of a circulation



If no signs of a circulation or uncertain

Compress chest



Continue CPR

Shake gently
Shout loudly

Tilt head back and lift chin

Look, listen and feel for normal breathing
Take no more than 10 seconds

If possible, get someone else to call or go for help

Seal lips around mouth
Blow slowly until chest rises
Give next breath when chest falls

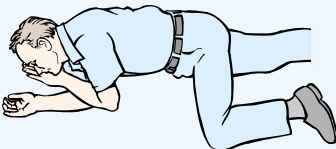
Check for normal breathing, coughing or movement
Check for a pulse if trained to do so
Take no more than 10 seconds

Give 15 chest compressions
Place heel of hand on lower half of breastbone, and other hand on top
Compress 4-5 cm at a rate of 100/min

Give 2 breaths after every 15 compressions

Continue until qualified help arrives

If breathing normally:
Place in recovery position
Get help. Recheck breathing



If signs of a circulation:
Continue rescue breathing
Recheck for signs of a circulation every minute.

