

BASIC LIFE SUPPORT

CARDIO PULMONARY RESUSCITATION

OBJECTIVES

- How to assess the collapsed victim
- How to perform chest compression and rescue breathing
- How to place an unconscious breathing victim in the recovery position.

BASIC LIFE SUPPORT [BLS]

- **A**_{AIRWAY}

- **B**_{REATHING}

- **C**_{IRCULATION} (CAB)

CHAIN OF SURVIVAL



BASIC LIFE SUPPORT

SEQUENCES OF PROCEDURES PERFORMED TO RESTORE THE CIRCULATION OF OXYGENATED BLOOD AFTER A SUDDEN PULMONARY AND/OR CARDIAC ARREST

CHEST COMPRESSIONS AND PULMONARY VENTILATION PERFORMED BY ANYONE WHO KNOWS HOW TO DO IT, ANYWHERE, IMMEDIATELY, WITHOUT ANY OTHER EQUIPMENT

WHAT TO DO...

APPROACH SAFETY

CHECK RESPONSE

SHOUT FOR HELP

OPEN AIRWAY

CHECK BREATHING

30 CHEST COMPRESSIONS

2 RESCUE BREATHS

APPROACH SAFETY

- **SCENE**
- **VICTIM**
- **RESCUER**
- **BYSTANDER**

APPROACH SAFETY

CHECK RESPONSE

SHOUT FOR HELP

OPEN AIRWAY

CHECK BREATHING

30 CHEST COMPRESSIONS

2 RESCUE BREATHS

CHECK RESPONSE



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CHECK RESPONSE



Shake shoulders gently
Ask “Are you all right?”
If he responds

- Leave as you find him.
- Find out what is wrong.
- Reassess regularly.

SHOUT FOR HELP



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OPEN AIRWAY



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APPROACH SAFETY

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SHOUT FOR HELP

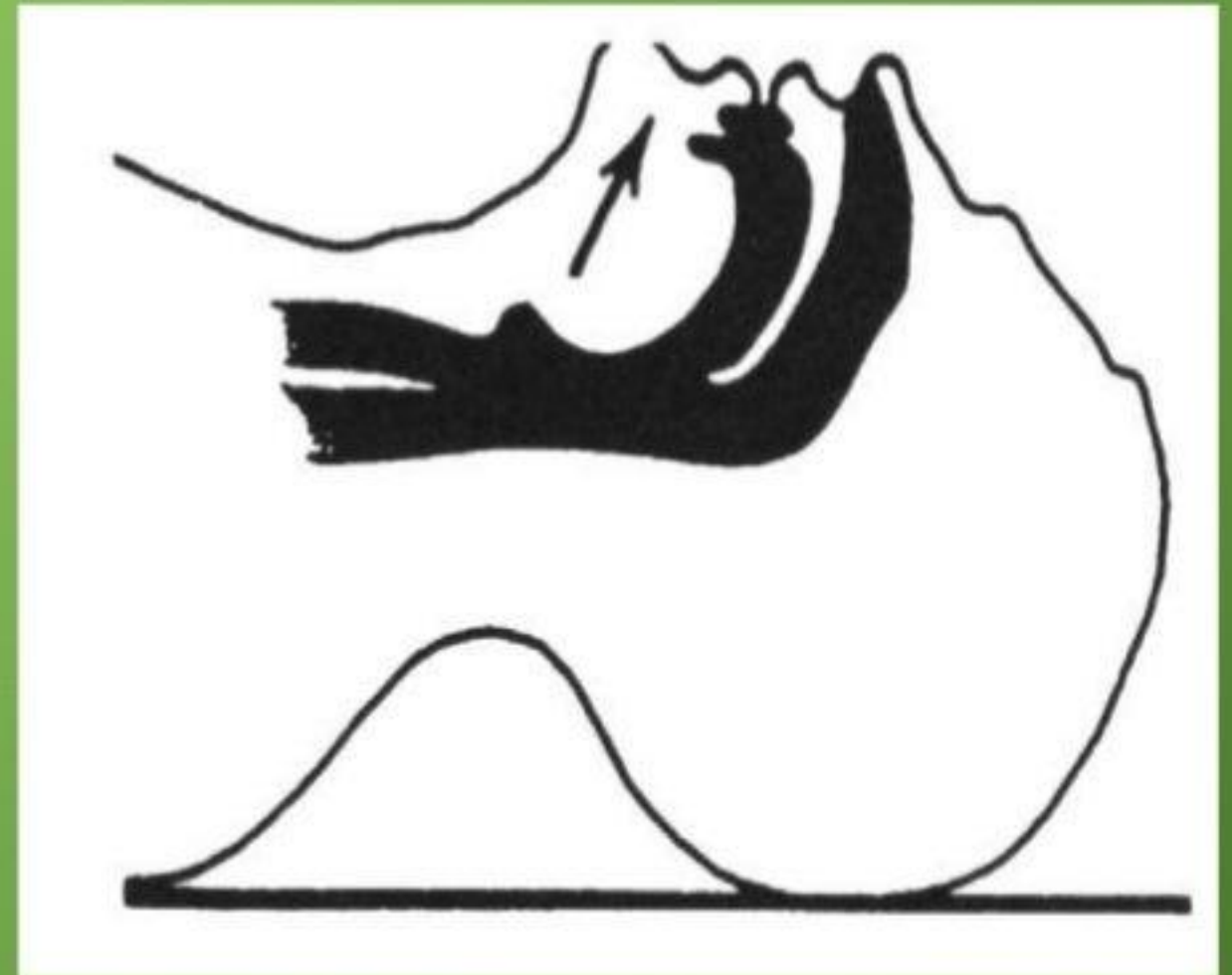
OPEN AIRWAY

CHECK BREATHING

30 CHEST COMPRESSIONS

2 RESCUE BREATHS

AIRWAY OPENING BY NECK EXTENSION



OPEN AIRWAY

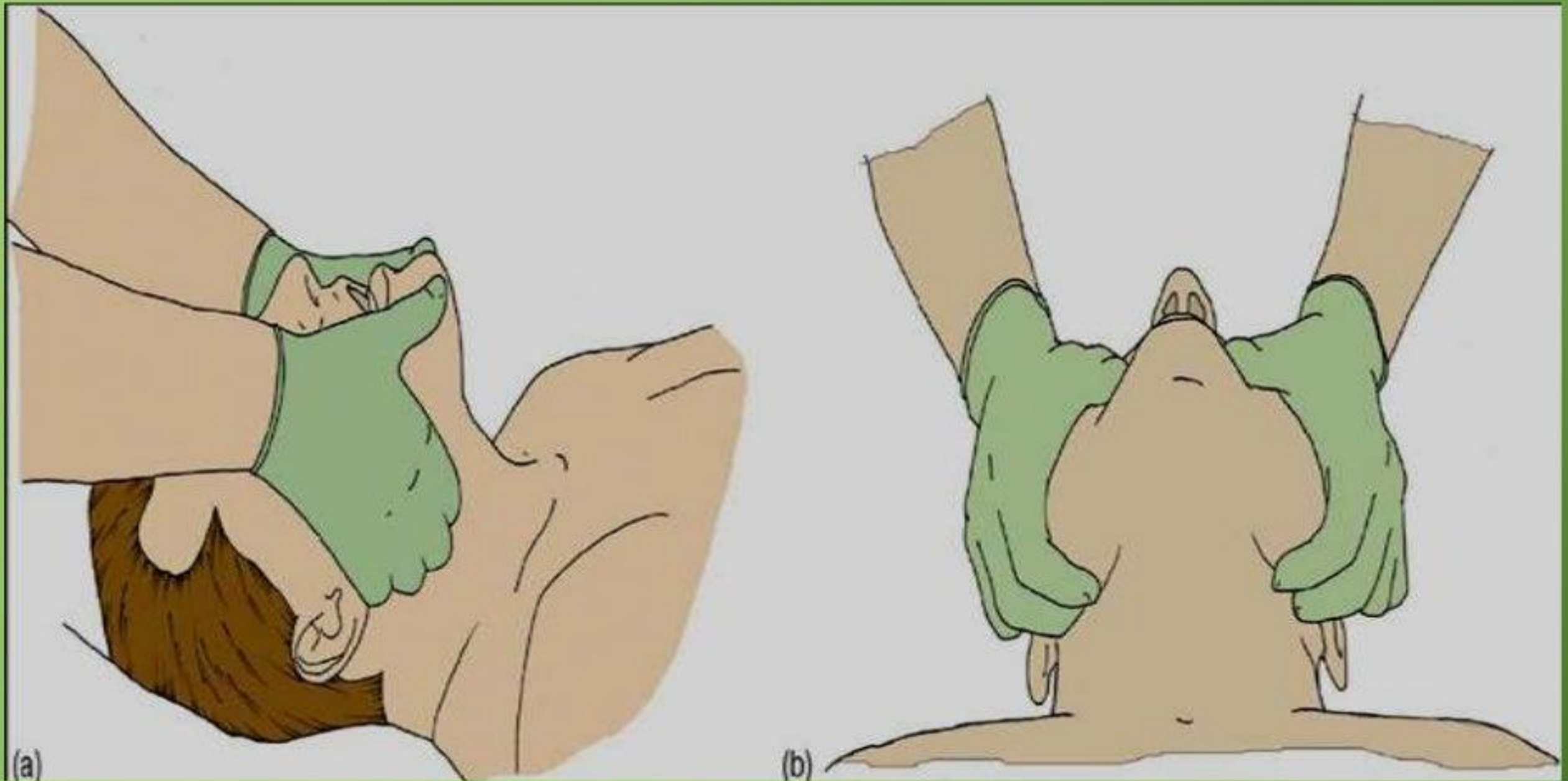
Head tilt and chin lift

- lay rescuers
- non-healthcare rescuers

NO NEED FOR FINGER SWEEP
UNLESS SOLID MATERIAL IS
FOUND IN THE MOUTH



Head tilt, chin lift + jaw thrust



CHECK BREATHING



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APPROACH SAFETY

CHECK RESPONSE

SHOUT FOR HELP

OPEN AIRWAY

CHECK BREATHING

30 CHEST COMPRESSIONS

2 RESCUE BREATHS

CHECK BREATHING

- LOOK, LISTEN AND FEEL FOR NORMAL BREATHING
- DO NOT MISTAKE AGONAL BREATHING FOR NORMAL



FOREIGN-BODY AIRWAY OBSTRUCTION (FBAO)

| SIGNS | MILD obstruction | SEVERE obstruction |
|--------------------|---------------------------|---|
| "Are you choking?" | "YES" | Unable to speak, may nod |
| Other signs | Can speak, cough, breathe | Can not breathe/wheezy breathing/silent attempts to cough/unconsciousness |

BACK BLOWS



ABDOMINAL THRUSTS



30 CHEST COMPRESSIONS



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