BASIC LIFE SUPPORT FOR HEALTHCARE PROVIDERS

Hazards?
Ensure scene is safe

Hello?
Unresponsive?
Not breathing or only gasping?
Pulse?

Help!
Call for assistance and AED / Defib
Emergency number:

Has pulse and breathing
- Place in recovery position
- Check for continued breathing
- Reassess continuously

Has pulse but no effective breathing
- Give rescue breaths
- Adult: every 6 seconds
- Child: every 5 seconds
- Infant: every 4 seconds
- Reassess continuously

Start Compressions
Compress the chest fast (almost 2 per second)
Push hard / Ensure full chest recoil / Minimize interruptions

Breaths
Attempt 2 breaths at 1 breath/second (with O₂ if available) after every 30 compressions
Adult ratio 30:2 | Children/Infants 30:2 (2-rescuer 15:2)
Continue until AED / Defib arrives

Attach AED / Defib immediately

ANALYSE RHYTHM

Shock Advised (VF/VT)
Give 1 Shock
Monophasic – 360J
Biphasic – 120 - 360J
Paediatric – 4J/kg
Immediately resume CPR starting with compressions. Continue for 2 minutes

No Shock Advised (PEA/Asystole)
- If signs of life present monitor and provide post ROSC care
- If absent - continue CPR
Immediately resume CPR starting with compressions. Continue for 2 minutes

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