

## Basic Life Support Algorithm



Is the situation safe for me, for those around me and for the victim?

## 2 CHECK FOR RESPONSE

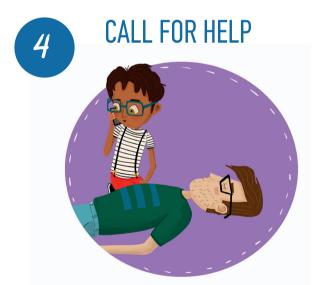


Shake the victim's shoulders gently and ask: "Are you all right?"

#### 3 CHECK FOR BREATHING



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



Dial 112 to call the emergency services. Send a helper to bring an AED.

### 5 CHEST COMPRESSIONS



Place your hands on the center of the victim's chest. Perform 30 chest compressions at a depth of 5cm-6cm.

Maintain a rate of 100-120 compressions per minute.

# 6 VENTILATION



Open the victim's airway and deliver 2 normal breaths. Continue at a rate 30 compressions and 2 breaths until help arrives.

### **AED DEPLOYMENT**



If an AED arrives, switch it on and follow the spoken and visual directions.



