

BASIC LIFE SUPPORT STEP-BY-STEP

SEQUENCE/ACTION	TECHNICAL DESCRIPTION
SAFETY 	• Make sure that you, the victim and any bystanders are safe
RESPONSE Check for a response 	• Shake the victim gently by the shoulders and ask loudly: <i>"Are you all right?"</i>
AIRWAY Open the airway 	• If there is no response, position the victim on their back • With your hand on the forehead and your fingertips under the point of the chin, gently tilt the victim's head backwards, lifting the chin to open the airway
BREATHING Look, listen and feel for breathing 	• Look, listen and feel for breathing for no more than 10 seconds • A victim who is barely breathing, or taking infrequent, slow and noisy gasps, is not breathing normally
ABSENT OR ABNORMAL BREATHING Alert emergency services 	• If breathing is absent or abnormal, ask a helper to call the emergency services or call them yourself • Stay with the victim if possible • Activate the speaker function or hands-free option on the telephone so that you can start CPR whilst talking to the dispatcher
SEND FOR AED Send someone to get an AED 	• Send someone to find and bring back an AED if available • If you are on your own, DO NOT leave the victim, but start CPR
CIRCULATION Start chest compressions 	• Kneel by the side of the victim • Place the heel of one hand in the centre of the victim's chest - this is the lower half of the victim's breastbone (sternum) • Place the heel of your other hand on top of the first hand and interlock your fingers • Keep your arms straight • Position yourself vertically above the victim's chest and press down on the sternum at least 5 cm (but not more than 6 cm) • After each compression, release all the pressure on the chest without losing contact between your hands and the sternum • Repeat at a rate of 100-120 min⁻¹

Basic Life Support Guidelines

**Peter Cameron, Mark Little, Biswadev
Mittra, Conor Deasy**



Basic Life Support Guidelines:

Whispering the Techniques of Language: An Emotional Journey through **Basic Life Support Guidelines**

In a digitally-driven world where screens reign supreme and immediate transmission drowns out the subtleties of language, the profound secrets and mental nuances hidden within words often get unheard. However, set within the pages of **Basic Life Support Guidelines** a charming literary value blinking with organic feelings, lies a fantastic quest waiting to be undertaken. Penned by a talented wordsmith, that charming opus attracts viewers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the fabric of each and every word. Within the emotional depths of this emotional review, we will embark upon a honest exploration of the book is primary subjects, dissect their interesting publishing model, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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