

BASIC LIFE SUPPORT

CHECK FOR DANGER



D

Quickly assess the situation, check for dangers and ensure safety to:

- Self, bystanders, and the casualty.

CHECK FOR RESPONSE



R

Follow the **COWS** instructions:



S

SEND FOR HELP



Call **(000)** for an ambulance or ask another person to make the call so that you can continue to assess the casualty.

A

OPEN THE AIRWAY



Check the mouth is clear from any blockages. To clear the airway, roll the casualty onto their **left** side. The mouth should be opened and the head turned slightly downwards to allow any obvious foreign material (e.g. food, vomit, blood and secretions) to drain. Proceed to clear it out with your fingers if necessary.

Once clear, with the casualty on their back, open the airway by gently tilting the head backwards and lifting the chin.

B

CHECK BREATHING



LOOK

For the rise and fall of the chest or abdomen.



LISTEN

For air escaping the nose and mouth.



FEEL

For the movement of air from the nose and mouth.

Breathing normally: place the casualty in the recovery position and monitor their breathing.

Not breathing or abnormal breathing: start CPR immediately.

C

START CPR



30 compressions : **2** breaths

If possible wedge padding such as a cushion, towel or similar object under the casualty's **right** hip to tilt their hips about 15-30 degrees while leaving their shoulders flat to the ground.

D

ATTACH DEFIBRILLATOR (AED)



Where an AED is available, attach it as soon as possible and follow the instructions.

Continue CPR and defibrillation until signs of life resume or medical professionals take over.