



## Basic Life Support



### ---> Check response

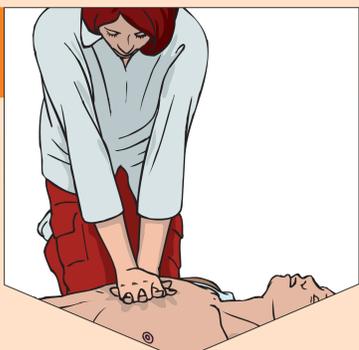
- Shake gently
- Shout loudly



### ---> If NOT responsive

#### Open airway Check breathing

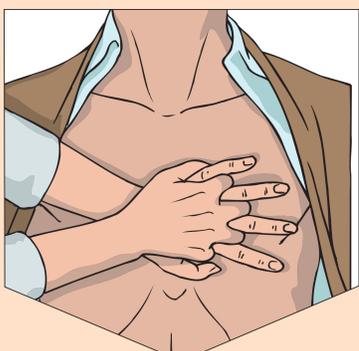
- Tilt head back and lift chin
- Look
- Listen
- Feel
- Take no more than 10 s.



### ---> If not breathing normally

#### Call 112 Deliver 30 chest compressions

Place your hands in the centre of the chest



#### Deliver 2 rescue breaths

- Seal your lips around the mouth
- Blow steadily until chest rises
- Give next breath when the chest falls



### ---> Continue CPR 30:2 until qualified help arrives

### *If responsive*

- Observe
- Get help if necessary

### *If breathing normally*

- Place in recovery position
- Get help
- Recheck breathing

