

Basic Life Support: CPR, AED, FBAO



Scene Safety Assessment

S	Stop
A	Assess the scene
F	Find oxygen unit, first aid kit and AED, and take to injured person
E	Exposure protection

Initial Assessment (adults and children)

- Assess responsiveness and normal breathing
 - Tap the person's collar bone or shoulder and loudly ask **"Are you OK?"**
 - State your name and your desire to help
- If the person responds, have them remain in the position found or position of comfort
- If unresponsive but breathing normally, place in recovery position
- If not breathing normally, begin CPR
 - Shout for help or send a specific person to activate EMS

CPR – Adult (one rescuer) Do not delay CPR to wait on an AED or other equipment.

- Use nipple line to find landmark at center of chest for compressions
- Deliver 30 compressions (at least 100-120 per minute)
- Deliver 2 normal breaths, about 1 second each, using barrier device
- Continue CPR cycles of 30:2

Two Rescuers

- One rescuer does chest compressions.
 - Pause compressions for ventilations then immediately resume compressions
- Second rescuer provides rescue breaths
- Switch roles every 2 minutes or after 5 cycles of 30:2

CPR for Children (one rescuer) Do not delay CPR to wait on an AED or other equipment.

- Begin chest compressions using heel of one hand to about 1/3 chest depth
- After 2 minutes of CPR, call EMS if someone has not already done so
- If available, use AED as with an adult; use pediatric pads if available

Two Rescuers

- One rescuer performs compressions, second rescuer performs rescue breaths
- Compression to ventilation ratio changes to 15:2
- Use same technique as describe above
- Pause compressions for ventilations

CPR for Infants (one rescuer)

- Assess responsiveness: Tap bottom of foot and loudly ask **"Are you OK?"**
- Check for presence of normal breathing and a definite pulse (inside upper arm)
- If unresponsive and not breathing normally, begin CPR
 - Place two or three fingers in the center of the chest between the nipples
- Compress about 1/3 the diameter of the chest; Compression to ventilation ratio of 30:2
- After 2 minutes of CPR, take the infant with you to call EMS if not already done
- If available, use AED placing pads in center of both chest and back (use pediatric pads if appropriate and available)

Emergency Hotline +27-82-810-6010



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CPR for Infants (two rescuers)

- One rescuer performs compressions, second rescuer performs ventilations
- Compression to ventilation ratio changes to 15:2
 - Rescuer performing compressions can switch to hands circling the chest and two thumbs for compressions
- Pause compressions for ventilations

Person	One Rescuer	Two Rescuers	How to Compress	Depth
Adult	30:2 ratio	30:2 ratio	Two hands stacked	5-6 cm (2-2 1/2 inches)
Child	30:2 ratio	15:2 ratio	Heel of one hand or two hands stacked	5 cm (2 inches) or 1/3 chest depth
Infant	30:2 ratio	15:2 ratio	Two or three fingers (1 rescuer); two thumbs (2 rescuers)	3.5 cm (1 1/2 inches) or 1/3 chest depth

Using an AED

- Continue chest compressions while AED is being set up
- Expose and dry the person's chest
 - Shave off chest hair if necessary
- Turn on the unit, and follow prompts provided by the unit
- Allow AED to analyze heart rhythm
- If the AED indicates "shock advised,"
 - Clear the scene both verbally and visually
 - State: **"I'm clear, you're clear, all clear"**;
- Deliver shock when indicated
- Immediately following the shock, resume chest compressions
- Follow prompts of the AED unit

Foreign Body Airway Obstruction (adults and children)

Abdominal Thrusts

- Locate navel and place balled fist, thumb in, against stomach above navel
- Place other hand over fist
- Pull sharply inward and upward until obstruction is released
- If person becomes unconscious, begin CPR starting with compressions

Chest Thrusts

- Stand behind the person, encircling their chest, placing your arms directly under their armpits
- Form a fist and place the thumb side of your fist on the middle of breastbone (avoid the xiphoid process and the margins of the rib cage)
- Place other hand over fist and deliver 5 quick forceful thrusts until obstruction is released
- If the person becomes unconscious, begin CPR, starting with compressions

Back Blows

- Stand to the side and slightly behind the victim
- Support the chest with one hand and lean the victim forward
- Give up to five sharp blows between the shoulder blades with the heel of your hand
- Check to see if each back blow has relieved the airway obstruction
- If the person becomes unconscious, begin CPR, starting with compressions

A combination of techniques may be needed to remove the obstruction.

Foreign Body Airway Obstruction (infants)

- Place the infant face down on your forearm, cupping their head with your hand
- Deliver five back blows between the shoulder blades
- Place other forearm over infant, creating a sandwich, and turn infant over, face up
- Deliver five chest thrusts as with CPR
- Alternate infant's position (face-down back blows/face-up chest thrusts) until object is released

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