

BASIC LIFE SUPPORT SEQUENCE

If you come across an unconscious adult where you do not know what has happened, then you suspect cardiac arrest and follow this sequence:

DANGER *check it is safe before proceeding*

RESPONSE *check for a response*

SHOUT *shout for help*

AIRWAY *obtain an airway and check for obstructions*

BREATHING *look, listen and feel for breathing for up to 10 seconds*

SEND *if another person is there send them to phone for help*

TELEPHONE *if not, phone for an ambulance yourself*

RESCUE
BREATHS *give 2 effective rescue breaths out of up to 5 attempts*

ASSESS *assess for signs of a circulation for up to 10 seconds,
look for any coughing, breathing or movement*

CPR *if there are no signs of circulation, start CPR with
15 compressions to 2 rescue breaths*

TEN *if there are signs of a circulation continue rescue
breaths and recheck circulation after every 10 breaths*

*NB – if it was not a sudden collapse (i.e. the casualty had suffered trauma or drowning etc),
you should perform CPR for 1 minute before phoning for help*