Basic life support guidelines

Signs that a person is not breathing or needs urgent medical help

- **Blue lips, fingernails and/or toenails**

- **Cold and clammy and bluish or purplish skin**

- **Not responding to squeezing of shoulders or shouting**

- **Gurgling**

- **Vomiting without waking up**

- **Shallow or very slow breathing or no breathing (10 seconds between breaths)**

If you notice any of these signs you need to *take immediate action.*

Do you know your DRSABCD?

D **Danger**

Check for danger, to you, bystanders and casualty.

R **Response**

Check if the casualty is conscious or unconscious by calling their name or gently squeezing their shoulder.

S **Send**

If there is no response call an ambulance (dial 000 or 112 from a mobile phone). Stay calm and tell the operator what has happened, your location and nearest intersection, as well as the state from which you are calling. If necessary get someone else to make the call.

A **Airway**

Check airway for any foreign matter or obstructions.

If no foreign matter is present, leave casualty on their back and open their airway (head tilt chin lift). Check breathing. If foreign matter is present, place the casualty into the recovery position and using two fingers scoop out the foreign matter. Recheck breathing.

B **Breathing**

Check their breathing for up to 10 seconds. Place your face close to the casualty's face. Look, listen and feel for rise and fall of chest.

If the casualty is breathing, place them in the recovery position and tilt their head back to ensure an open airway.

If you are alone and the casualty is unconscious and still not breathing, place them in the recovery position and call an ambulance. Then commence CPR.

C **CPR** (Cardiopulmonary resuscitation)

Rescue Breathing

Roll casualty onto their back, supporting the head. Support the jaw with two fingers and gently lift the jaw and tilt the head back. Pinch the nose with thumb and index finger. Cover the casualty's mouth with yours, ensuring a good seal. Give 2 substantial breaths.

Turn your head to the side between breaths to look for rise and fall of chest. Check for signs of life (warmth, colour, breathing).

If there are no signs of life, commence CPR immediately.

Basic life support guidelines

Commence chest compressions

- Make sure the casualty is on a flat firm surface.

- Kneel and position your hands for CPR - lower half of breastbone in the centre of the chest.

- Place heel of one hand on top of compression site and fingers raised. Place the other hand on top and interlock fingers.

- Position yourself vertically above casualty's chest.

- With your arms straight, press down on the casualty's breastbone a third of the depth of the chest.

- Release pressure, complete 30 compressions.

- Give two breaths - head tilt, chin lift (watch for rise and fall of chest).

- Continue at a rate of **30 compressions and 2 breaths (30:2).**

Once you have started CPR, it is important that you keep going. Do NOT stop and start. Only stop CPR if signs of life return, there is someone else to take over, or medical aid arrives.

If the casualty **starts to breathe,** place them in the recovery position, reassure and keep them warm. Check their airway breathing and signs of life every 2 minutes.

Ⓓ Defibrillation

If a 'first responder' or ambulance arrives with a defibrillator, defibrillation can be performed. **Do not** stop CPR until instructed to do so.

Remember

- **DON'T** ignore someone who is vomiting; has fainted; is confused or irrational; or who has trouble breathing.

- **DON'T** leave a person intoxicated with alcohol or other drugs alone.

- **DON'T** give fluids (even water) or food to someone who is in shock or unconscious.

- **DON'T** give someone who is affected by alcohol or drugs, other drugs to either wake them up or calm them down.

- **DON'T** forget to give the ambulance officers as much information as you can about what happened (eg what drug or drugs have been used, what you have done so far).

- **DON'T** drink alcohol or use other drugs when you are alone.