

PROSKILLS

Basic Life Support Flow Chart

D Check for **Danger**

Check for: Hazards
Risks
Safety



R Responsive? or Unconscious?

Call for help, Call 000
or Resuscitation Team



A Open Airway

Look for signs of life



B Give 2 Initial **Breaths** if not breathing normally



C Give 30 chest Compressions

(almost 2 compressions / second) followed by 2 breaths
(about 5 cycles per 2 minutes)



D Attach AED as soon as possible and follow its prompts
(If available)



Continue CPR until qualified personnel arrive or signs of life returns

NO SIGNS OF LIFE = Unconscious, Unresponsive,
Not Breathing Normally, Not Moving

AED = Automated External Defibrillator

Information provider by Australian Resuscitation Council (ARC) 2006

This Basic Life Support Chart is provided by ProSkills

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Training in Apply First Aid. Perform CPR Low Voltage Rescue, Computer Courses, and
TAA40104 Certificate IV in Training and Assessment.