

AUSI

Basic Life Support

Policy

(0107)

This document is a summary of the new AUSI Scuba Learning Module 11 – Basic Life Support Techniques, effective 1 January 2007. In the interim, current recommendations and techniques should not be regarded as either ineffective or unsafe.

AUSI policy is based on the recommendations of the Australian Resuscitation Council (ARC) as per their updated guidelines for Basic Life Support (BLS) released in March 2006.

ARC changes were based on the resuscitation science by the International Liaison Committee on Resuscitation (ILCOR).

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BASIC LIFE SUPPORT

(Non-responsive adult victim)

DANGER - CHECK FOR DANGER

RESPONSE - CHECK RESPONSE (Gently shake & ask)
⇒ CONTROL SEVERE BLEEDING (Pressure & elevation)

HELP - CALL FOR HELP (Call for ambulance - 000)

AIRWAY - OPEN AIRWAY (Head tilt & jaw lift)

BREATHING - CHECK BREATHING (Look, listen & feel)
⇒ IF BREATHING IS NOT NORMAL GIVE TWO RESCUE BREATHS (ONE SECOND EACH)

COMPRESSIONS - GIVE 30 CHEST COMPRESSIONS
⇒ LOCATE CENTRE OF CHEST
⇒ COMPRESS ONE THIRD (4-5 cm – 1-1.5")
⇒ RATE OF 100 PER MINUTE (nearly two per second)

DEFIBRILLATE - USE AED, IF AVAILABLE

EFFECT CPR - TWO BREATHS to 30 COMPRESSIONS
⇒ CONTINUE UNTIL QUALIFIED HELP ARRIVES OR NORMAL BREATHING RESUMES OR EXHAUSTION

FIRST AID - UPON RECOVERY
⇒ MANAGE SHOCK
⇒ ADMINISTER SPECIFIC FIRST AID

DON'T HESITATE TO TRY AND HELP

A NON-RESPONSIVE PERSON WITH A
BLOCKED AIRWAY IS EFFECTIVELY DEAD

CPR modifications for non-adults

Definitions

Infant - less than one year old

Child - one to eight years old (guideline only)

Adult - over eight years of age

	INFANT	CHILD	ADULT
Rescue Breaths			
Airway	Head tilt and jaw lift		
Inflation	Puff from cheeks, use mouth to nose	Puff gently from cheeks	Blow to inflate
Rate	Two breaths - one second in for each breath		
Compressions			
Compression point	Centre of chest		
Use	Two fingers	One hand	Both hands
Depth	One third of chest – approximately 4-5 cm (1-1.5”) in adults		
Rate	30 compressions at 100 per minute (approx. 2 per second)		
CPR Rates			
One & two rescuer	30 compressions to 2 rescue breaths		