Basic Life Support & Automated External Defibrillation

Check response
Shake gently
Ask loudly: “Are you all right?”

If not responsive
Open airway & check for breathing

If not breathing normally or not breathing
Call 112, find & bring an AED
Start CPR immediately
Place your hands in the centre of the chest
Deliver 30 chest compressions:
• Press firmly at least 5 cm deep
• at a rate of at least 100/min
• Seal your lips around the mouth
• Blow steadily until the chest rises
• Give next breath when the chest falls
• Continue CPR

CPR 30:2

Switch on the AED & attach pads
Follow the voice prompts immediately
Attach one pad below the left armpit
Attach the other pad below the right collar bone, next to the breastbone
If more than one rescuer: don’t interrupt CPR

Stand clear & deliver shock
Nobody should touch the victim
- during analysis
- during shock delivery

Turn into recovery position
• Call 112
• Continue to assess that breathing remains normal

Follow AED instructions.
Continue CPR unless the victim start to wake up, move or breathe normally.