



Pulse South Coast
Learn in a Heartbeat

Basic Life Support

Flash Cards

Please remember to only work to your scope of practice, Policies and always refer to your trainer's guidance.

What is covered in these cards:

- The Primary Survey
 - o DRsABC
 - o AVPU
- The Recovery Position
- Cardiopulmonary Resuscitation
 - o Adults
- Automated External Defibrillator
 - o Adults
 - o Children
- ATMIST (Handing over to the emergency services)

DRsABC

DANGER

Check that there is no danger to You/Patient/ Bystanders

RESPONSE

After ensuring there is no danger, move to assess patient response using AVPU.

Shout for HELP

Call 999/112 or summon help from a bystander.

AIRWAY

THINK NO AIRWAY, NO PATIENT

- Head tilt, chin lift to open airway if occluded
- Check for obstructions such as; vomit, blood or food.

BREATHING

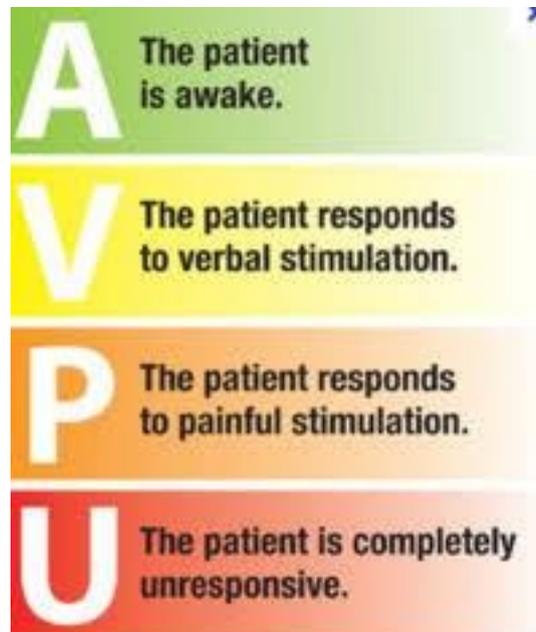
If they are breathing, what does it look like? Are they struggling to breath, are they asthmatic or have COPD?

CPR

If the casualty is not breathing start CPR.

AVPU

Rapid assessment of Response / Consciousness



Recovery Position

Figure 1: Kneel by the person. Raise the arm closest to you and place the arm out at a 90 degree angle to the body.



Figure 2: Place the other hand under their head against their cheek, to support their head.



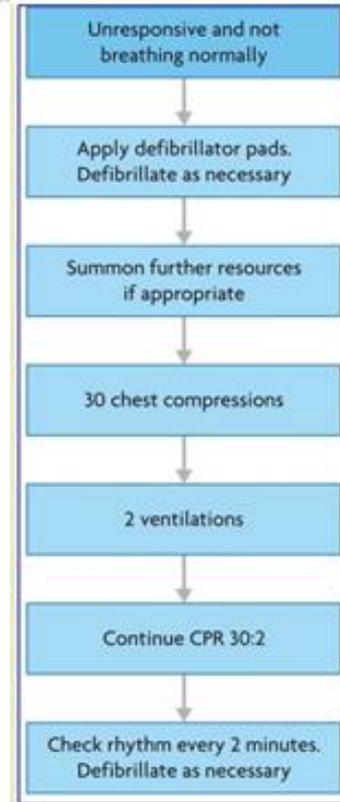
Figure 3: Lift the leg furthest away from you and place their foot on the floor.

Figure 4: Using their knee as a lever gently pull the person onto their side, towards you.

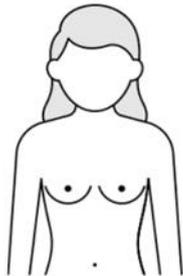
Tilt the head back and ensure airway is open and clear.



CPR

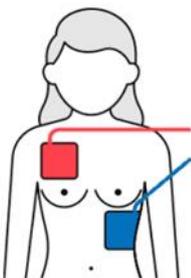


AED



1. Turn on device & follow audio instructions.
2. Expose the person's bare chest, including bra.

Adult



Child



3. Apply the electrode pads to the person's dry skin.

AED - Continued



4. Allow the AED to analyze the person's heart rhythm.



5. Make sure no one touches the person as the AED delivers a defibrillation shock.
6. Continue Hands-Only CPR after the shock has been delivered.

Handing over to the Emergency Services

Age	Age and Sex of casualty	 5 Seconds
Time	Estimated time of arrival and the time of incident	 10 Seconds
M.o.i	Mechanism of Injury. -The Gross mechanism of injury (Crash, stab etc) - Known Factors associated with major injuries E.g. entrapment, rollover, ejected	 20 Seconds
Injuries	Seen or Suspected	 25 Seconds
Signs	-Vital signs, Heart Rate, Blood Prssure, Respiratory Rate, SP02, GCS/AVPU -An indication to whether the patient has improved or deteriorated since arrival	 35 Seconds
Treatment	Treatment Given	 45 Seconds



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