

Adult BLS for Healthcare Providers

Hazards?

Personal protective equipment. Continue only once environment is safe

Hello!

If patient is unresponsive and not breathing normally or only gasping

Help!  **112**  **10177** In-hospital resus team:

Call the appropriate Emergency Services

Check Circulation

If no carotid pulse is present after a 5 second check then

begin cycles **CPR**
starting with **30 chest compressions**
followed by **2 breaths**

Get an AED / defibrillator or send someone if available



AS SOON AS AED / DEFIBRILLATOR ARRIVES:



(Continue CPR if two rescuers)
- Switch ON
- Attach pads / paddles

ANALYSE RHYTHM

Shock advised

No Shock advised

Give 1 Shock

Resume CPR immediately
Starting with chest compressions

Continue cycles of 30:2 for 2 min
Push hard
Push fast (at least 100 per minute)

1. Push hard – at least 5 cm deep
2. Push fast – at least 100 per minute
3. Allow complete chest recoil after each compression
4. Minimise interruptions in chest compressions
5. Inflate until chest rises – only 2 ventilation attempts allowed after every 30 compressions
6. Avoid excessive ventilation



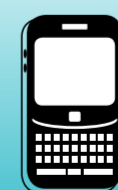
ADULT: Position hands middle of chest



2 breaths

Save a life

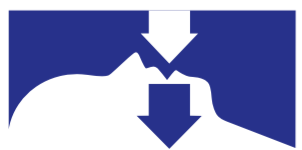
Anyone can save a life!
It's so simple!



112  **10177**

Visit www.resuscitationcouncil.co.za for further information

RESUSCITATION COUNCIL
OF SOUTHERN AFRICA



EARLY AWARENESS | EARLY ACCESS
EARLY CPR | EARLY DEFIB
EARLY ADVANCED CARE | EARLY ANALYSIS

Disclaimer: This Resuscitation Council of Southern Africa algorithm is designed for Healthcare Providers who have been trained in basic life support. For the sake of clarity, rescuers depicted in this algorithm are not wearing gloves or using other personal protective equipment. These are recommended in actual emergencies.

Resuscitation Council of Southern Africa – BLS Algorithms – 2011

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