

Basic life support



Basic life support



A short course for young people to learn how to deal with first aid emergencies.

Learning outcomes

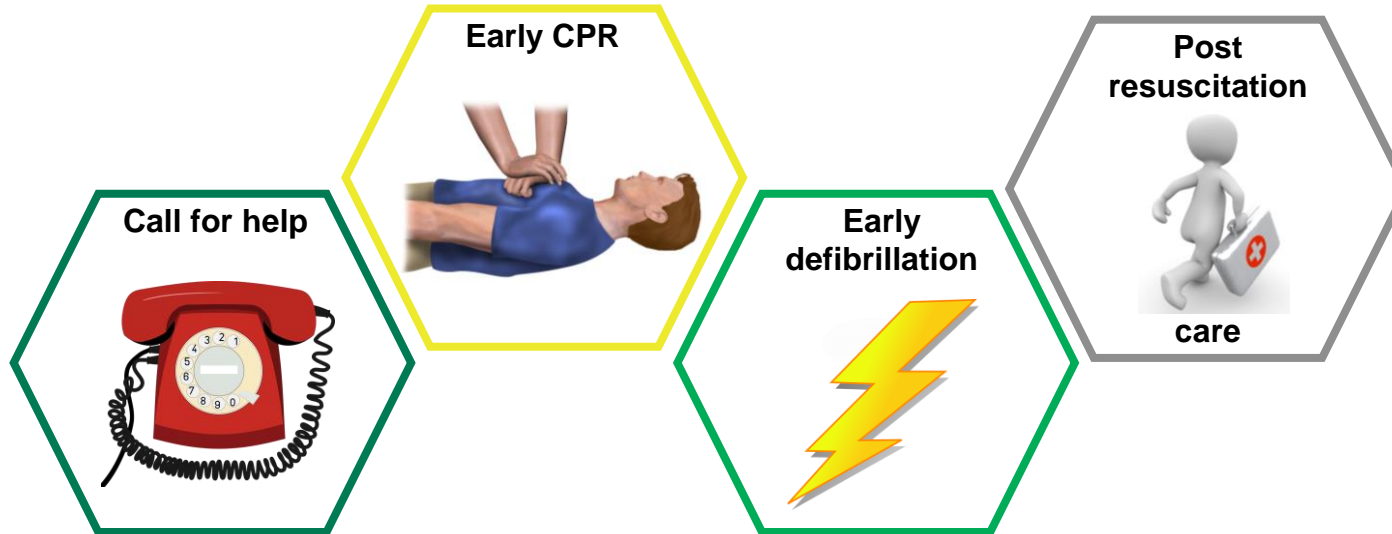
- **I am able to carry out a primary survey**
- **I can place an unresponsive casualty, who is breathing normally, in to the recovery position**
- **I know when and how to deliver CPR to an unresponsive casualty who is not breathing normally**

When things go wrong A12

**Think of something
that could happen to
make someone
unresponsive.**



Chain of survival A13



Discuss: Describe each link of the chain of survival

Challenge: Explain why it is important to follow these links to increase the casualty's chances of survival

Primary survey

You do a primary survey to assess a casualty.



Primary survey

- D** Don't / Danger / Dodge / Drive
- R** Rescue / Run / Response / Repair
- S** Silence / Summon / Slap / Shout
- A** Automatic / Arm / Awful / Airway
- B** Breathing / Back / Bruise / Belly
- C** Catch / Cough / Circulation / Casualty

Choose the correct word for each part of the primary survey.

Why is it important that we use DRsABC?

Watch this video

<https://youtu.be/ICMhuRM0cIU>

Your turn: Primary survey

1. Check for danger

- Always make sure the area is safe



2. Response

- Check the casualty's response. Ask questions and gently tap shoulders. Say "open your eyes!"



3. Shout for help

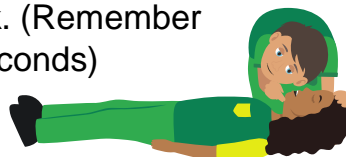
- Anyone nearby can assist you

4. Airway

- If not clear, then open by tilting the head back, use one hand on forehead and two fingers under the chin

5. Breathing

- Check for normal breathing. Use look listen and feel to check. (Remember 10 seconds)



6. Circulation (only if breathing normally)

- Check the casualty for bleeding

NB

- If the casualty is not breathing normally call 999/112 then start CPR
- If the casualty is breathing normally place them in the recovery position then call 999/112

What's next?

Primary survey
completed?



Is your casualty
unresponsive but
breathing normally?



If YES, then place
your casualty in to
the recovery
position.

Watch this video

<https://youtu.be/ubbZU15-ETM>

Your turn: Recovery position

1. Kneel

- By the side of your casualty



2. Angle arm

- Put the arm nearest to you to make a right angle. Palm facing upwards

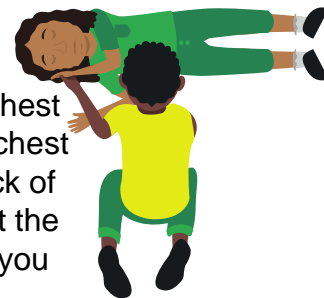
5. Knee pull

- Pull on the knee to roll the casualty towards you onto their side
- Adjust them as necessary



3. Hand to cheek

- Bring the arm furthest away across the chest and place the back of their hand against the cheek nearest to you
- Hold it there



4. Knee bend

- With other hand, bend their far knee up so that the foot is flat on the floor



6. Ensure airway is open

- Recheck breathing
- Call 999/112
- Stay and monitor casualty until help arrives

What's next?

Primary survey
completed?



Is your casualty
unresponsive and
not breathing
normally?



Call 999/112 for
emergency help
and start CPR. You
can instruct an
adult how to do
this if you cannot
do it yourself.

Watch this video

<https://youtu.be/zZAIA7Iqhyo>

CPR remember...

- You may not be strong/confident enough to do CPR on a casualty. That's OK, you can tell someone else what they need to do
- It is important to understand that sometimes even CPR cannot save somebody
- Anything you can do to help, even just calling someone else to help, could be lifesaving
- Never do CPR on someone if they are awake and breathing normally

Your turn:

1. Call 999/112

- Kneel by the side of your casualty
- Send a bystander for an AED if one is available

2. Place one hand

- On the centre of the chest
- Put the heel of the other hand on top
- Interlock your fingers to lift them off the chest



3. Begin chest compressions

- Lean over with your arms straight
- Press downwards on breastbone 30 times

4. Press down

- To a depth of about 5-6cm
- Release the pressure but leave hands in place
- Try to press at a rate of 100-120 times per minute



5. Breathe into casualty

- open the airway and pinch the nostrils together
- take a breath and blow into the mouth until the chest rises
- repeat to give two breaths

6. Start compressions again

- repeat 30 chest compressions with two breaths until help arrives

NEVER do this on someone if they are responsive!

Using the AED

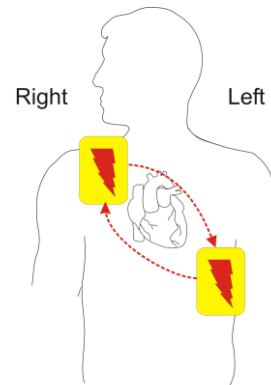
AED stands for automated external defibrillator. This is an **emergency life-saving** device used in the event of sudden **cardiac arrest**. The device analyses the heart rhythm and administers an **electrical charge** to the heart if needed to establish a regular heartbeat.

- Turn the AED on
- Follow all the AED voice prompts
- Ensure no one is touching the casualty when it is analysing
- Ensure no one is touching the casualty before pushing the shock button



Connecting the AED pads

- Ensure that the chest is dry
- Consider shaving if the chest is hairy
- Use the pre-prepared pads that come with the AED, they are ready to use
- Stick pads to chest as directed by the diagram on the pads
- Ensure each pad is securely attached to the casualty



Public Access Defibrillators

You can find **AEDs** in many **public places**, including: offices, schools, shopping centres, supermarkets and airports. It is important that public places have AEDs because in the event of a cardiac arrest these would need to be accessed quickly; the sooner an AED is attached the sooner it can restart a heart.



CPR sorting A15



CPR sorting answers A15



Recap

Primary Survey



Breathing normally



Recovery position



Make sure help is coming and give the casualty care

Not breathing normally



Call for help and send a bystander for an AED if available



CPR

***and AED (if available)**

Roll the dice

1. Identify something you have learnt from this session
2. State why the primary survey is important and describe each part of it
3. Explain the chain of survival
4. What is the first thing you would do if you found an unresponsive casualty and why?
5. What would you do with a casualty who was unresponsive and breathing normally?
6. How would you know if a casualty required CPR?



Check your learning

I am able to:

- do a primary survey
- place a casualty who is unresponsive but breathing normally in the recovery position
- deliver CPR to an unresponsive casualty who is not breathing normally.

(or get help and tell someone else how to do it)



YES UNSURE NO

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Thank you!

**St John
Ambulance**

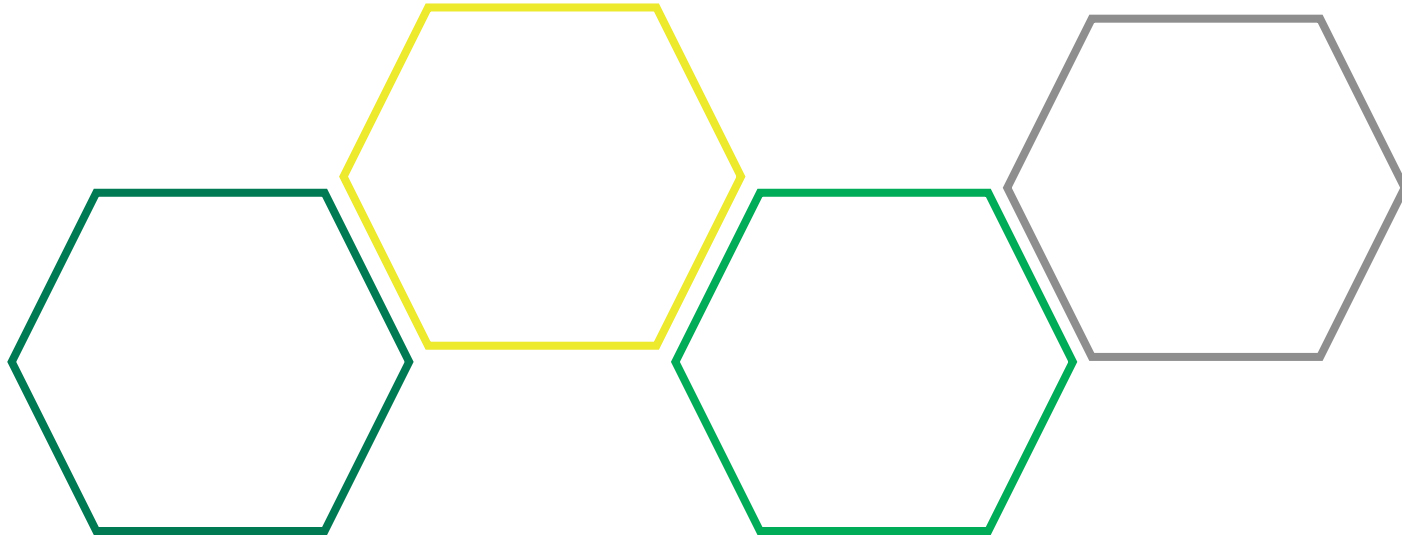


When things go wrong A12

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Chain of survival A13



Discuss: Describe each link of the chain of survival

Challenge: Explain why it is important to follow these links?

Activity A16

The human body

Now you have the opportunity to learn some **human anatomy**. You could organise human structures and organs onto an outline of a human body. See if you can identify their positions and function. Use our **downloadable worksheet** which can be found on the St John Ambulance website.

Activity A40

Task choice

Can you achieve 50 points by completing a variety of set tasks? Each task is worth a different number of points. Use our [downloadable worksheet](#) which can be found on the St John Ambulance website.