

BASIC LIFE SUPPORT FLOW CHART

**D**

Check for **DANGER**

Hazards / Risks / Safety?

R

Check if **RESPONSIVE**

If not,
Call 000
Ask for Ambulance

A

Open **AIRWAY**
look for signs of life

SIGNS OF LIFE =
Conscious or Responsive or
Breathing Normally or Moving

B

Give 2 initial **BREATHS**
if not breathing properly

C

Give 30 chest **COMPRESSIONS**
(almost 2 compressions per second) Followed by 2 breaths

Continue Cardio Pulmonary Resuscitation until qualified personnel arrive or signs of life return

----- (if available and trained in defibrillator use) -----

D

Attach **DEFIBRILLATOR** (AED-Automated External Defibrillator)
as soon as possible and follow its prompts

Australian Resuscitation Council (ARC) guideline for CPR recently changed. First aiders are encouraged to update their skills to familiarise themselves with new CPR techniques. For more information phone (AVFA) 1800 248 859

**Ambulance**

First Aid

Ambulance Victoria First Aid (AVFA) is the joint First Aid Service of Rural Ambulance Victoria and Metropolitan Ambulance Service