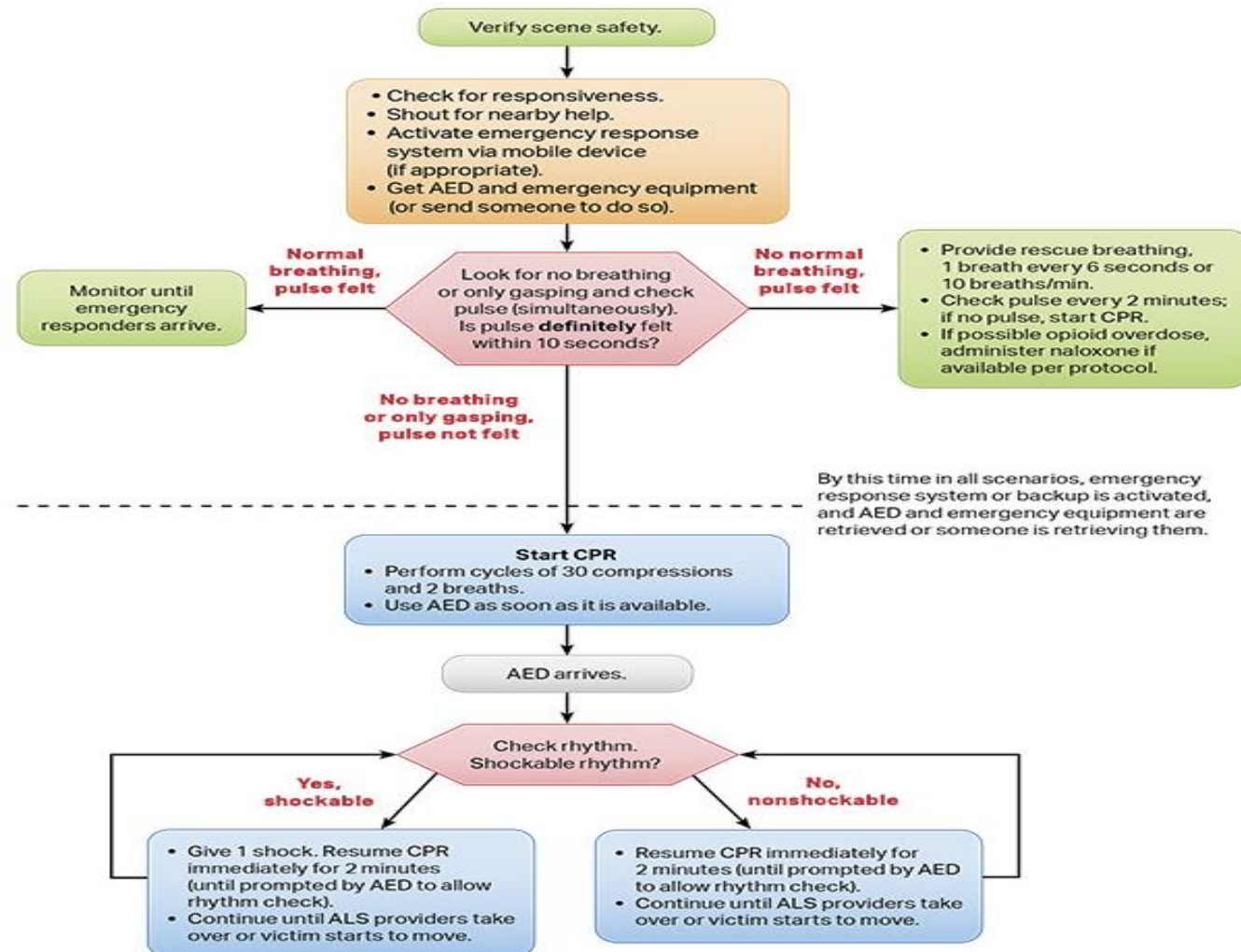


ADULT BASIC LIFE SUPPORT

(ACCORDING TO AHA 2020 GUIDELINES)- FOLLOW CABD

CIRCULATION, AIRWAY, BREATHING, DEFIBRILLATION





STEP 1: Check Responsiveness



STEP 2 : Scan for respiration and call help



STEP 3 : Checking the carotid pulse



STEP 4: Activating Emergency Response System – Dial for Ambulance or Code Blue

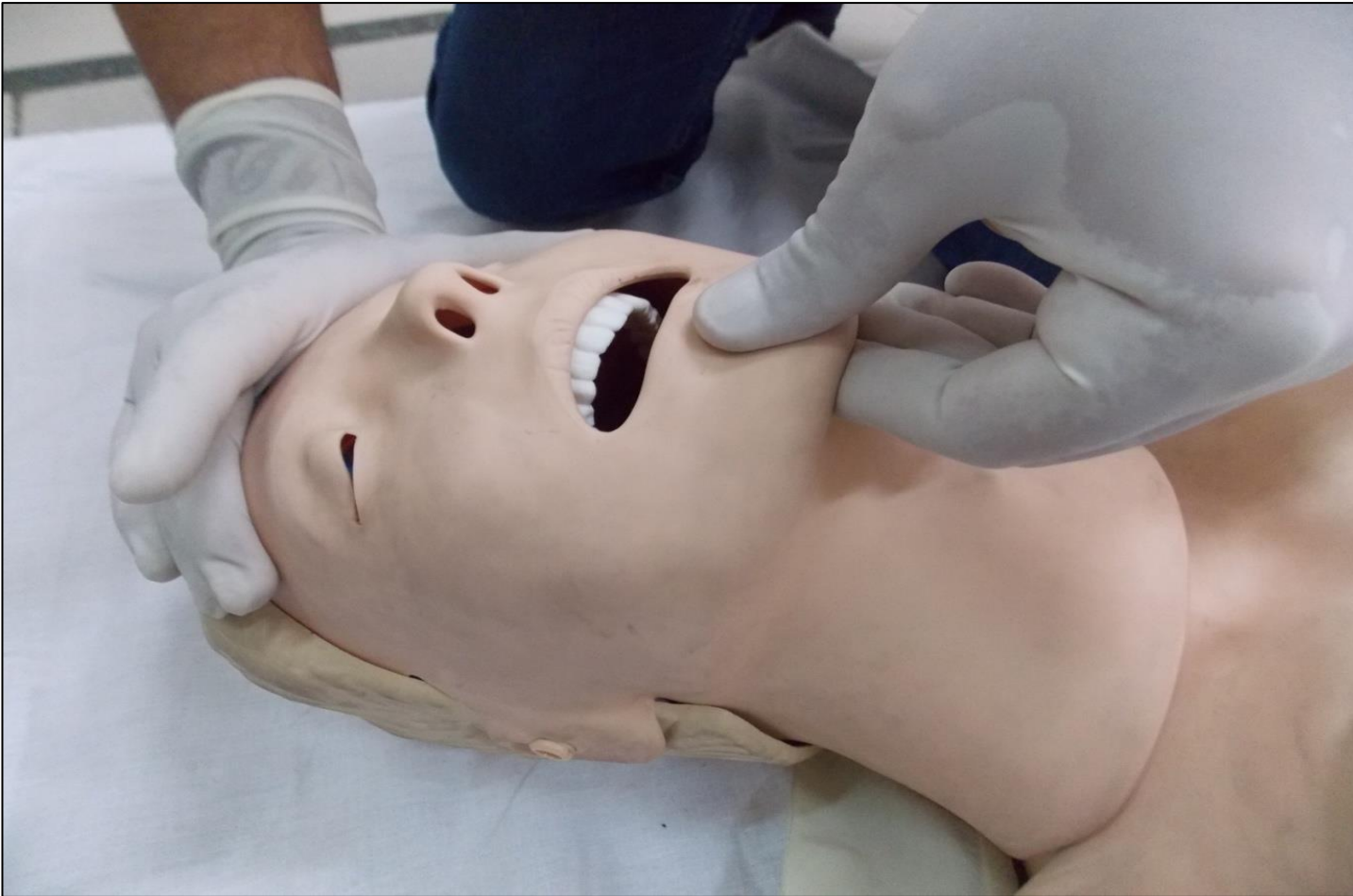


STEP 5 : Start Chest Compressions



STEP 6 : Site of Chest Compressions

(At point intersecting intermammary line and midline of sternum)



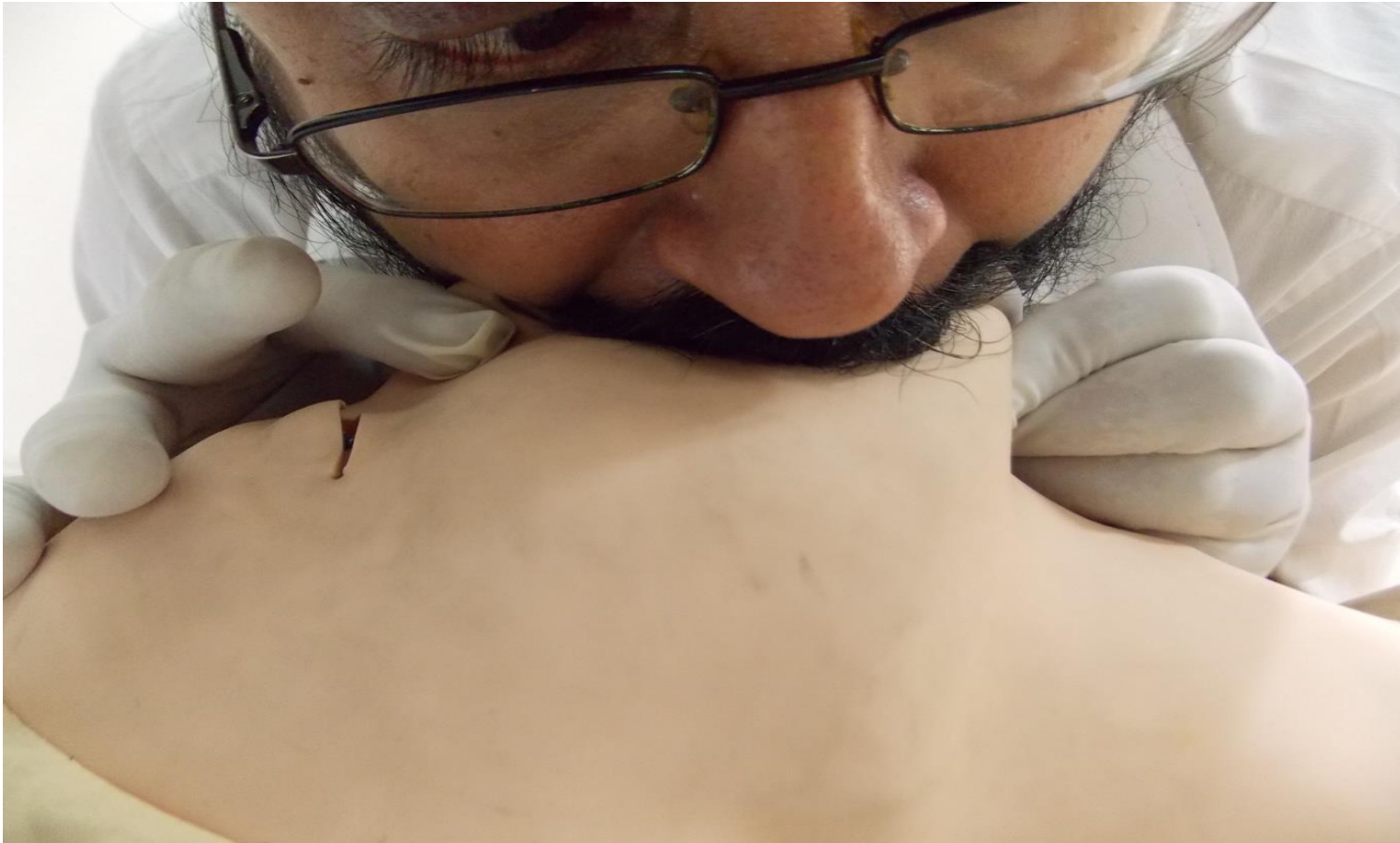
STEP 7: Opening the airway
HEAD TILT AND CHIN LIFT



STEP 8 : Maintaining Airway



STEP 9 : Breathing



STEP 10 a : Mouth to Mouth respiration



OR STEP 10b: Ventilation with Bag Valve Mask Assembly



OR STEP 10c : Ventilation with Pocket mask



STEP 11 : At the Arrival of AED (Automated External Defibrillator)



STEP 12 : AED with Pads applied on body

Follow what AED says

WHEN AED ARRIVES

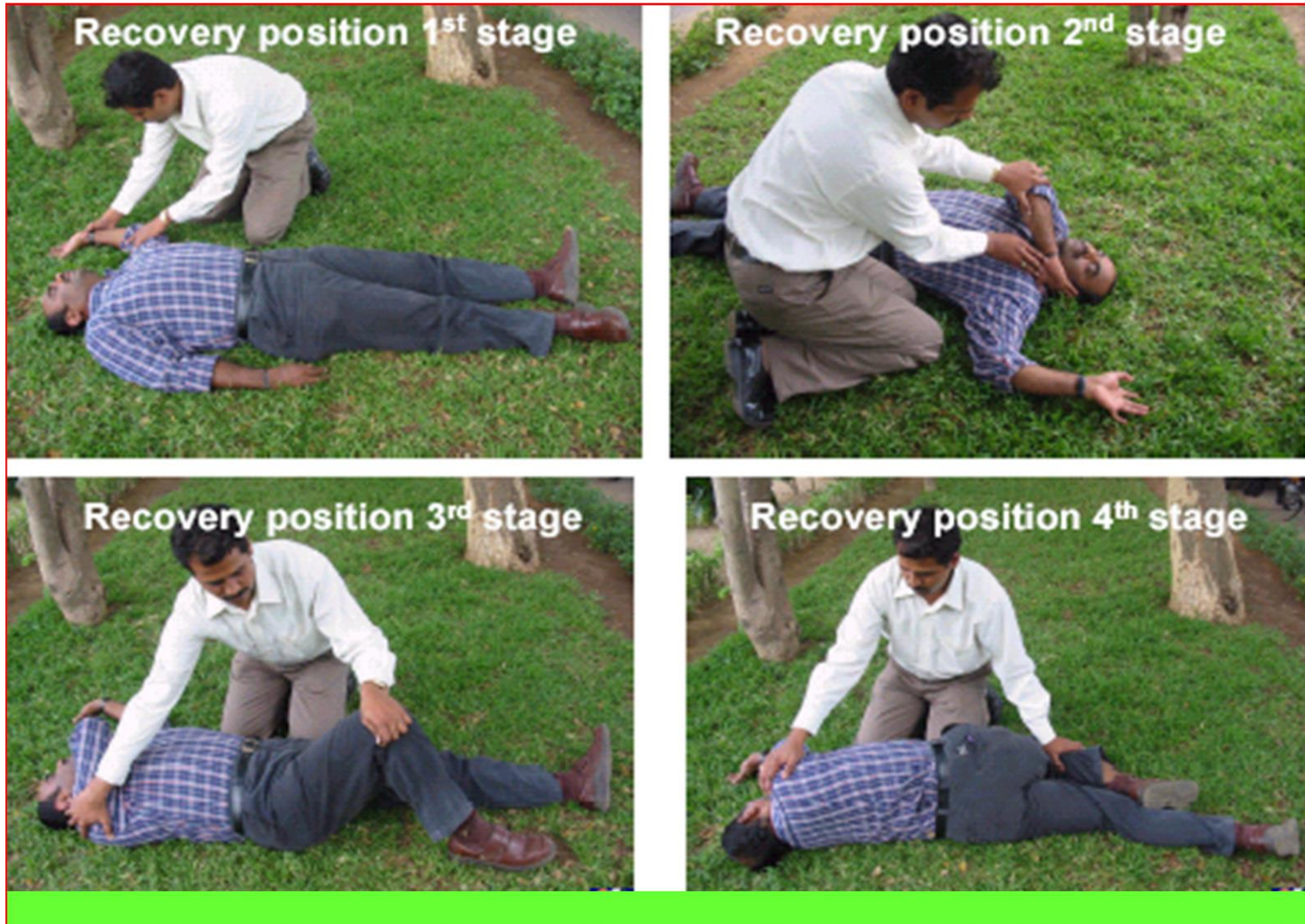
APPLY PADS IMMEDIATELY, FOLLOW AED SEQUENCE

CHECK RHYTHM /SHOCK IF INDICATED
REPEAT EVERY 2 MINUTES

HIGH QUALITY CPR

- **Push hard at LEAST 5cms (2 inches) not more than 6 cm(2.4 inches)**
- **Push fast @AT LEAST 100-120 compressions/min**
- **Allow complete chest recoil between compression**
- **Minimize interruptions (*<10 sec*)**
- **Do not overinflate chest**

**At anytime if breathing is present then
Turn patient to RECOVERY POSITION**



CHOKING (FOREIGN BODY AIRWAY OBSTRUCTION)

Are you choking ?

If Yes – Do Heimlich's Maneuver





**UMBILICUS /NAVEL FEEL
BY RESCUER**



**MAKE FIST ,COVER THE FIST
WITH OTHER HAND**



GIVE UPWARD AND BACKWARD THRUSTS TILL FOREIGN BODY COMES OUT
IF VICTIM BECOMES UNCONSCIOUS- START BLS WITHOUT CHECKING PULSE

LET'S SAVE LIVES TOGETHER

LEARN CPR, DO CPR

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