RESUSCITATION COUNCIL OF SOUTHERN AFRICA

2021

Basic Life Support Algorithm

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HAZARDS

Ensure the scene is safe
Don appropriate PPE

HELLO

Unresponsive?
Not breathing or only gasping?
Pulse?

HELP

Call for assistance
and AED/Defibrillator

Emergency No: ……..…….....…

HAS PULSE AND BREATHING

- Place in recovery position
- Check for continued breathing
- Reassess continuously

HAS PULSE BUT NO EFFECTIVE BREATHING

Give rescue breaths

- Adult: every 6 seconds
- Child: every 3 seconds
- Infant: every 2 seconds
- Reassess continuously

No Pulse or not sure
Pulse rate <60/min in children and infants

START CHEST COMPRESSIONS

Compress the chest fast (almost 2 per second)
Push hard | Ensure full chest recoil | Minimise interruptions

BREATHS

Attempt 2 breaths at 1 breath/second (with O_2 if available) after every 30 compressions
Adult ratio 30:2 | Children/Infants 30:2 (2-rescuer 15:2)
Continue until AED/Defibrillator arrives

If unable/unwilling to perform breaths, do continuous compressions until equipment arrives.

Attach AED/Defibrillator immediately

ANALYSE RHYTHM

Shock Advised (VF/VT)

Give 1 Shock
Monophasic – 360J
Biphasic – 120 – 360J
Paediatric – 4J/kg
AED energy – factory preset

Immediately resume CPR starting with compressions
Continue for 2 minutes or until the AED re-analyses

No Shock Advised (PEA/Asystole)

- If signs of life present monitor and provide post ROSC care
- If absent – continue CPR

Immediately resume CPR starting with compressions
Continue for 2 minutes or until the AED re-analyses