

Adult basic life support

Please tick the box according to the action you would carry out.

- 1) You notice an adult collapsed on the floor what do you do?
 - Check for danger and then run and help
 - Run and help
- 2) You go over, do you:
 - See if they are responsive
 - Start compressions straight away
- 3) They are unresponsive, what do you do next?
 - Start CPR
 - Shout for help and get someone to dial 999
- 4) Help is on the way what do you do next?
 - Open airway and assess breathing
 - Start compressions
- 5) They are not breathing normally, what do you do?
 - Put in the recovery position
 - Start rescue breaths
 - Start compressions
- 6) What ratio of chest compressions to breaths do you do for adults?
 - 30:2
 - 15:2
 - 20:2

7) When giving breaths, what is the best airway position for an adult?

Head tilt, chin lift

Neutral

8) After a round of CPR what do you do?

Carry on straight away

Stop

Assess for signs of life

9) There are no signs of life do you:

Carry on with CPR

Put in the recovery position

Stop

Well done – the ambulance has now arrived

Reference:

Resuscitation Council (UK)

Guidelines available

Adult basic life support and automated external defibrillation (2015)

Paediatric basic life support (2015)

Accessed: 30th September 2019 <https://www.resus.org.uk/>