

Basic Life Support Flow Chart (or Primary Survey)



- D** Check for Danger
To yourself, bystanders and the casualty
- R** Check for Response
Have someone ring 000 or 112 and ask for Ambulance
- A** Check the Airway is Open
Check for signs of life. Are they breathing, moving, and awake?
- B** Check for Breathing
Look, listen and feel for air flow and give 2 rescue breaths if needed
- C** Give 30 Chest Compressions then give two breaths
Aim for 100 compressions/minute
- D** Use a Defibrillator if available
Use it as soon as it arrives and listen to the instructions given to you

Snakebite

Don't be fooled by your own knowledge!



All suspected snake bites must be treated as real until the hospital proves otherwise. Correct treatment can save the casualty. Keep the casualty calm.

If bitten on a limb, use a firm bandage and wrap the limb with even pressure all the way from one end to the other. You should only be able to slip one finger under the bandage. This is the **Pressure Immobilisation Technique**.

Try not to cut off the blood. Splint and immobilise the entire limb so that it cannot move.

Bring help to the casualty, **do not take the casualty to help**. Moving them is very dangerous and can push the venom further into their system.

Under no circumstances should you:

Cut & suck - this does more damage and does not remove the venom.

Wash the bite - this removes the venom that the hospital will use to test to confirm what snake it was.

Use a tourniquet - this will cause more harm to the casualty and does not stop the venom.

Try to catch the snake - you will be attacked and may become another casualty. *The hospital cannot use the snake.*

Raise the limb - this will drain the venom into the casualty



<http://www.avru.org/compendium/objects/DR0000081.htm>

Cardio Pulmonary Resuscitation (or Primary Survey)



Check for danger before you go up to the casualty. If it is unsafe wait for help to arrive.

Ask the casualty:

Can you hear me?

Open your eyes

What's your name?

Squeeze my hands

Make sure an ambulance has been called on 000 or 112.

Check the airway by opening the mouth and looking inside.

If anything is present, put the casualty in the recovery position.

Check for the **Signs of Life**:

* **Breathing normally**, watch for the rise and fall of the chest, feel airflow and feel the abdomen moving

* **Purposeful movement**

* **Consciousness & responsiveness**

If there are signs of life, make sure the casualty stays in the recovery position.

If there are no signs of life, start CPR.

Put your hands in the centre of the chest, and start compressions. **30 compressions** followed by **2 breaths** at 100 compressions per minute.

Keep going unless signs of life come back, it is dangerous to keep going or paramedics ask you to stop.

Stroke A dangerous killer



The National Stroke Foundation have given very good ideas on how to recognise stroke; four simple instructions that can save a life.

F Face: Ask the casualty to smile. Look for signs that the face moves evenly and that it is not drooping.

A Arms: Ask the casualty to raise both arms. They should both rise evenly and stay there.

S Speech: Ask them to repeat a sentence. The words should be clear and make sense.

T Time: If the casualty cannot do any of these things, time is of the essence. Ring 000 or 112, ask for Ambulance and tell them you suspect a stroke is happening.

Signs of a stroke include:

falls that have no cause
head injuries
sudden & severe headaches
loss of vision or balance
uneven pupils
weakness or tingling in the limbs
drowsiness, or
difficulty speaking or understanding.