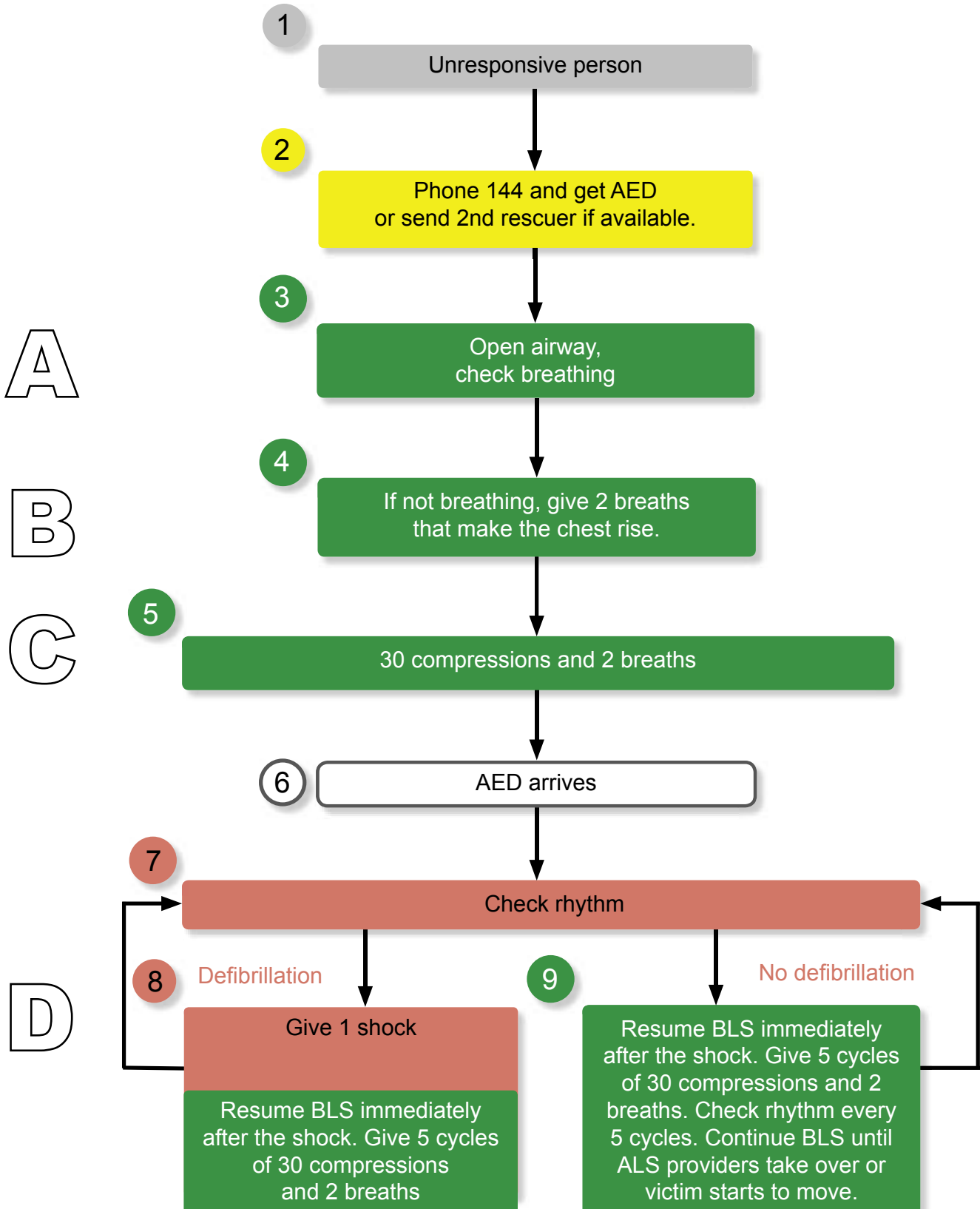




BLS and AED for lay rescuers

Resuscitation – Guidelines 2005 Swiss Resuscitation Council (SRC)
according to the American Heart Association (AHA)
for Basic Life Support (BLS) + Automatic External Defibrillator (AED) for adults.





BLS + AED for lay rescuers

Resuscitation – Guidelines 2005
Swiss Resuscitation Council (SRC) according to the
American Heart Association (AHA)

for Basic Life Support (BLS) + Automatic External Defibrillator (AED) for adults.

Description



1

Ensure that the scene is secured!
Check for response by tapping the victim on the shoulder and speaking loudly. Watch for a reaction such as an answer, murmuring or movement of the person.



2

If you are alone: Shout for help! If no one reacts, phone 144 with your cellular phone or a telephone nearby (even if you must leave the victim momentarily unattended). Get the AED, if available. When two or more rescuers are present: First rescuer stays with victim. Second rescuer phones 144 and gets the AED.



3

Place the victim on a hard surface in a face-up (supine) position. Open the airway: use a head-tilt – chin-lift manoeuvre i.e. two fingers on the chin, the other hand flat on the front and tilt the head back. Check breathing: While maintaining an open airway look, listen and feel for breathing, i.e. ear over nose/mouth of the person with eyes on the chest (min. 5 – max. 10 seconds).



4

If normal breathing (clear and regular rising of chest) present: Change patient to a lateral (side) position. If no normal breathing present: Give 2 breaths that make the chest rise.



5

Kneel next to the victim.
Put hands on the lower half of the victims sternum in the center (middle) of the chest. Push hard (4-5 cm), decompress completely. Shoulders are perpendicular over the center (middle) of the chest. Elbows extended. Frequency 100/min.



6

AED arrives



7

Turn on AED and follow the instructions given!



8

After 1 shock resume BLS immediately for 5 cycles (2 min.).

9

Continue until ALS providers take over or victim starts to move.