

Basic Life Support Training

Paramedic (ACP) Sarah-Jayne Lineker
Accredited BLS & AED Trainer



Aims and objectives



BLS (Basic Life Support) training focuses on essential life-saving skills, including cardiopulmonary resuscitation (CPR), how to use an automated external defibrillator (AED), and how to assist someone who is choking and how to recognise and treat anaphylaxis.



These skills are crucial for responding effectively in emergency situations.



After this course you should have the confidence to promptly recognise several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.

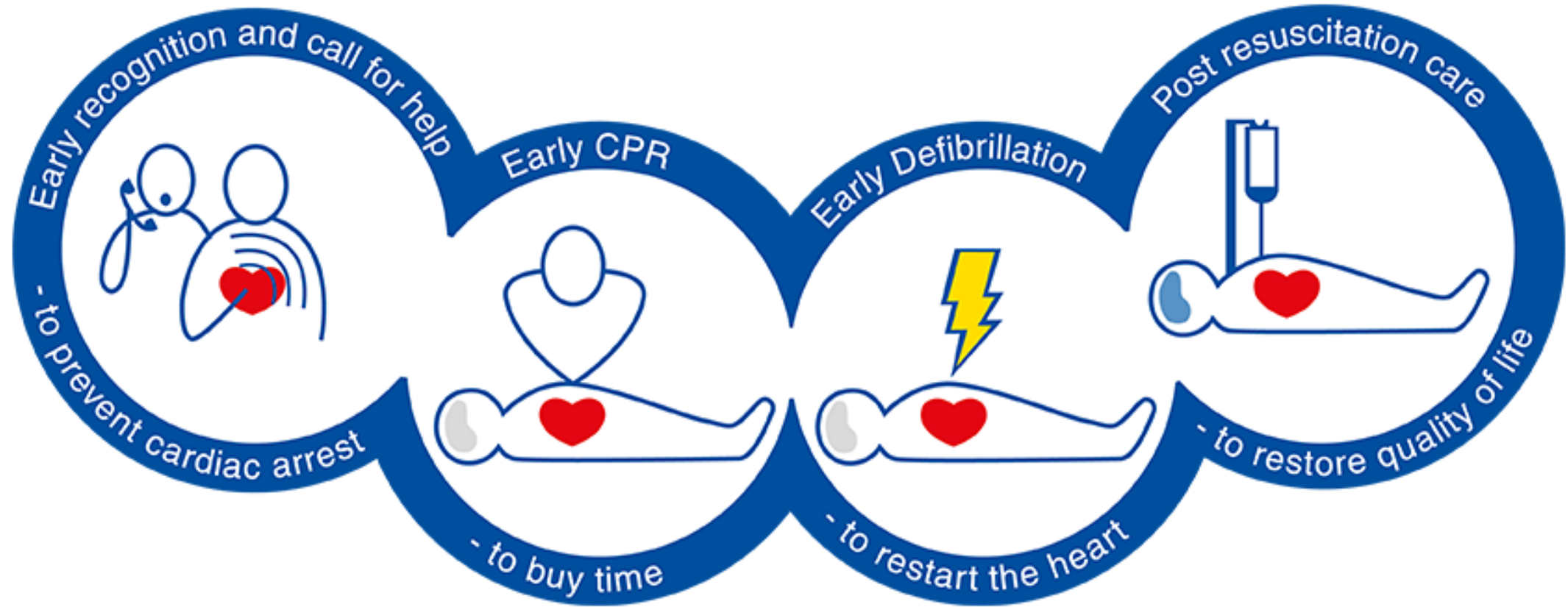
Place somebody into the recovery position

Recognise choking and know what to do.

Recognise and treat anaphylaxis



Chain of Survival



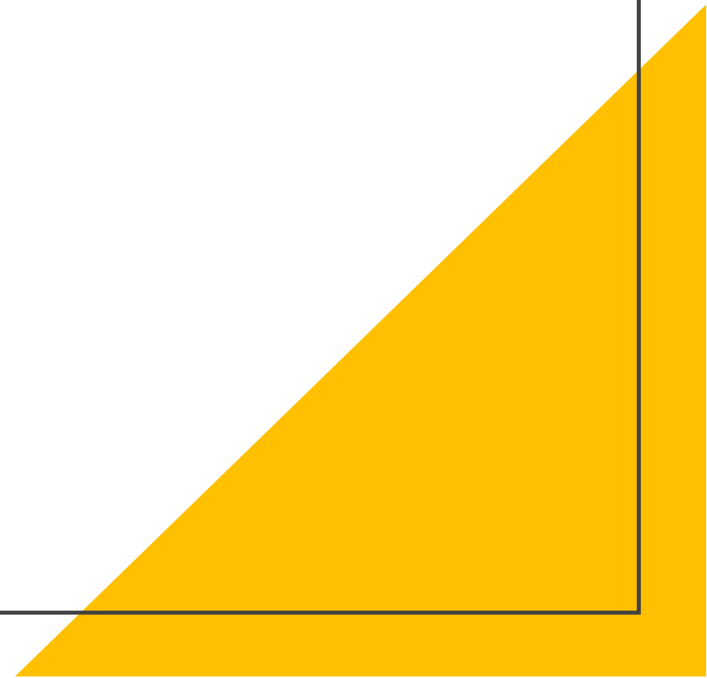
D Danger

R Response

A Airway

B Breathing

C Circulation



Action at an Emergency (DRABC)

D: Danger: Assess the situation: are there any dangers to yourself or the injured person?

If it is there, either remove the danger or take the casualty out of danger

*Don't put yourself
in danger!!!*



R: Response

Assess the person for responsiveness:
do they respond to your voice
and being gently shaken?



A: Airway

Check and open the airway;
Place one hand on the forehead,
tilt the head back and
lift the chin



In infants (<1 year) the aim is for a neutral position due to relatively short fat necks. In older children a 'sniffing the morning air' position is desirable. This can be achieved by placing one hand on the child's head with the other under the child's chin- apply pressure to tilt the head back gently.

B: Breathing

Look, Listen and Feel for breathing

- Look for chest movement, listen for sounds of breathing and feel for breath on your cheek.
- Do this for no more than ten seconds.
- If the person is breathing normally, assess for life threatening injuries and then place in the recovery position and maintain an open airway



Recovery Position

1. Place nearest arm at right angle.
2. Put the back of other hand next to the cheek closest to you and hold it there.
3. Bend the far knee, grasp the far leg and roll them towards you onto their side.
4. Open airway.
5. Do not leave the patient.



Rescue Breaths

Rescue breaths are absolutely VITAL for saving the life of a child.

Rarely do children have heart related issues. It's far more likely due to a respiratory issue causing them to stop breathing. Therefore giving 5 rescue breaths is always the FIRST and most important thing to do, before giving chest compressions.

Give 5 initial rescue breaths before starting CPR



If you are on your own perform 1 minute of CPR before going for help

C. Circulation
Start Chest
compressions for 1
minute





Child

- 5 Rescue breaths
- 15-2
- Depth 1/3 chest

Newborn

- 5 Rescue Breaths
- 3-1
- Depth 1/3 Chest



**KEEP
CALM
AND
CALL
FOR HELP**

KeepCalmAndPosters.com

Know where the nearest AED and Emergency equipment is.....





Mouth to mouth?

AED

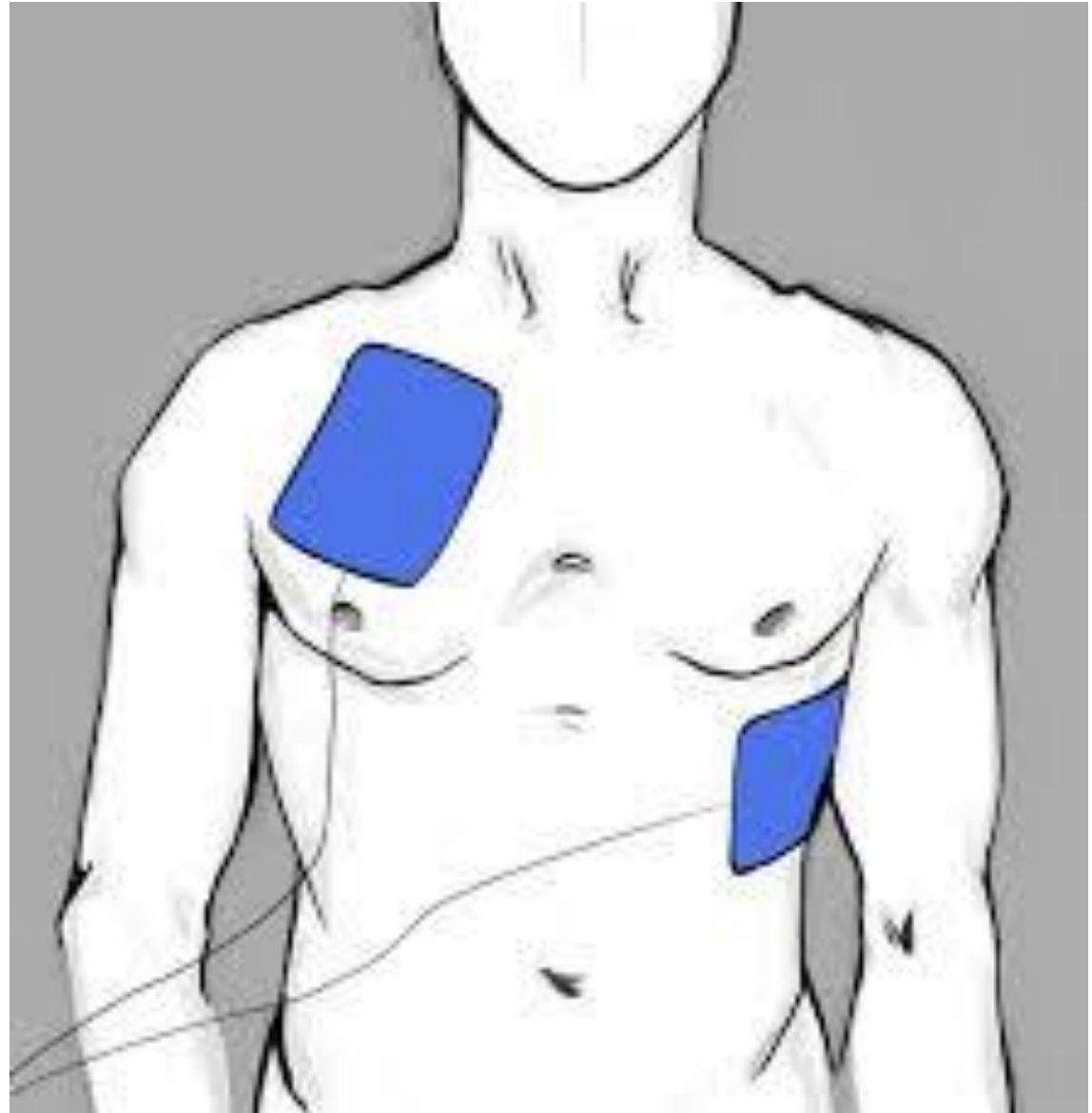
Automated External defibrillator

Press 'ON' and then follow the simple voice instructions

Do not stop CPR whilst the pads are being applied

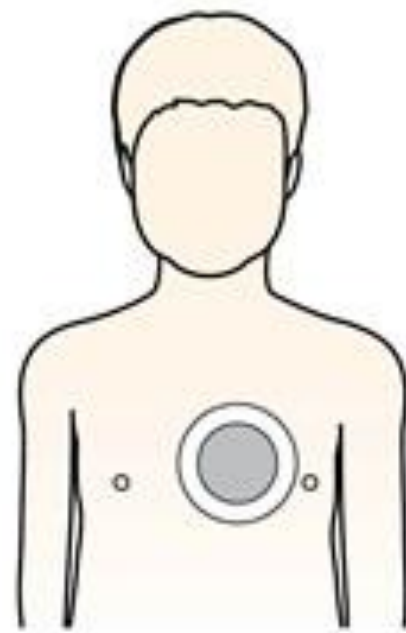


Pad
placement



Child Pad
placement if
the pads touch

PEDIATRIC ANTERIOR/POSTERIOR



FRONT



BACK

Real Time
Demonstration



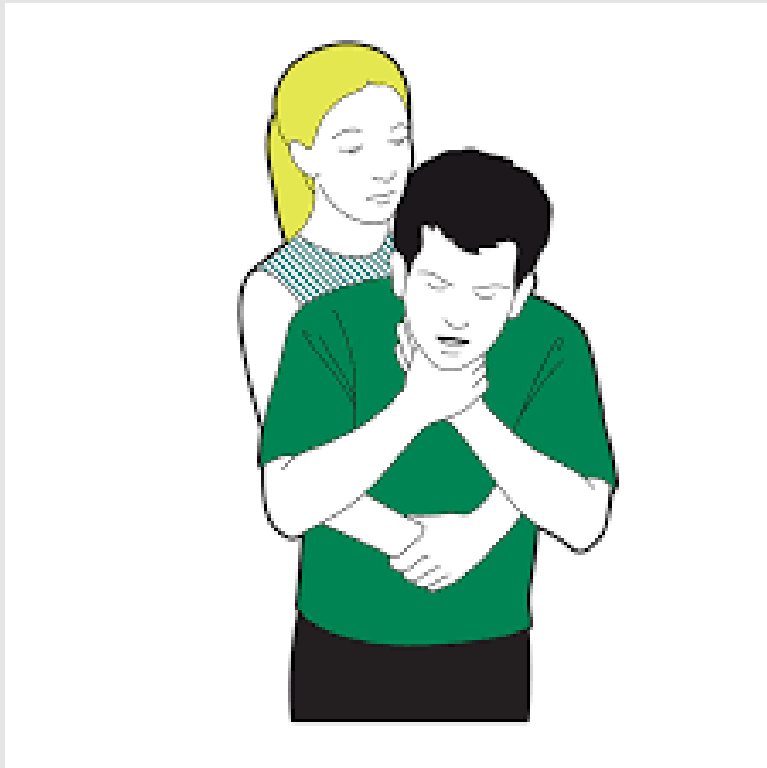




Encourage
Coughing

5 Back Slaps



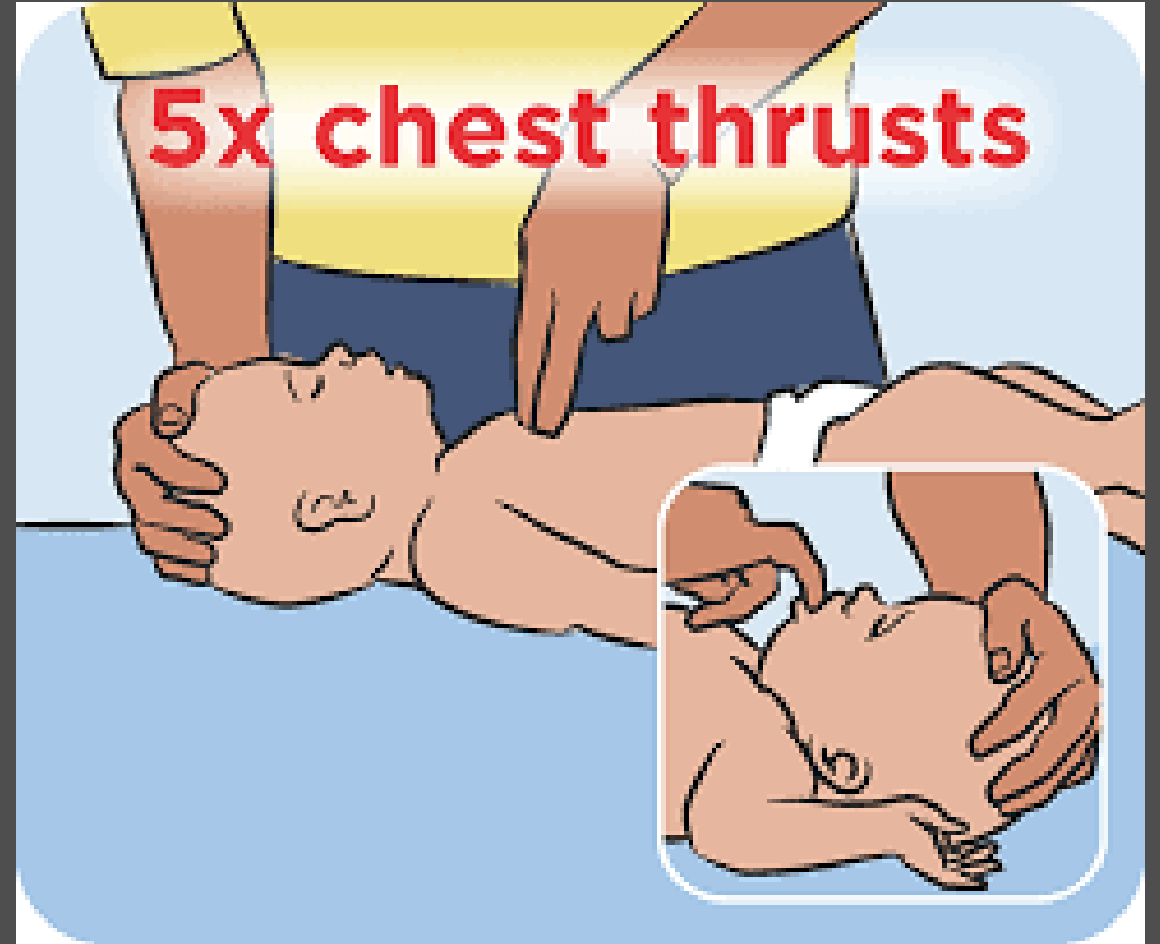


5 Abdominal
thrusts

5x back blows



5x chest thrusts





Until the airway
becomes clear or the
person loses
consciousness

Then Think....DR



Start Chest compressions

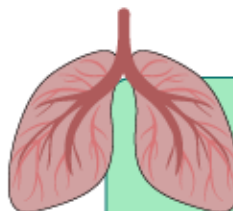


Anaphylaxis

Signs and symptoms



itching



breathing difficulty,
wheezing



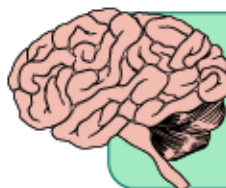
red rash or raised areas
of the skin (hives)



abdominal pain,
vomiting, diarrhoea



swelling
(hands, feet, face, airway)



disorder of the consciousness,
sweating and other signs and
symptoms of the developing
anaphylactic shock

Skin and/or mucosal changes are often the first features, present in over 80% of anaphylactic reactions, and can be subtle or dramatic.

If you suspect anaphylaxis, you must use an adrenaline auto-injectors (EpiPen) if available

1. Jab the EpiPen® firmly into outer thigh at a right angle (90° angle).

2. Hold firmly against thigh for 10 seconds.

Repeat after 5 minutes if still symptomatic into the other thigh





Any Questions



THANK YOU!