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European Resuscitation Council

Basic Life Support



---> Check response

- Shake gently
- Shout loudly



---> If NOT responsive

Open airway Check breathing

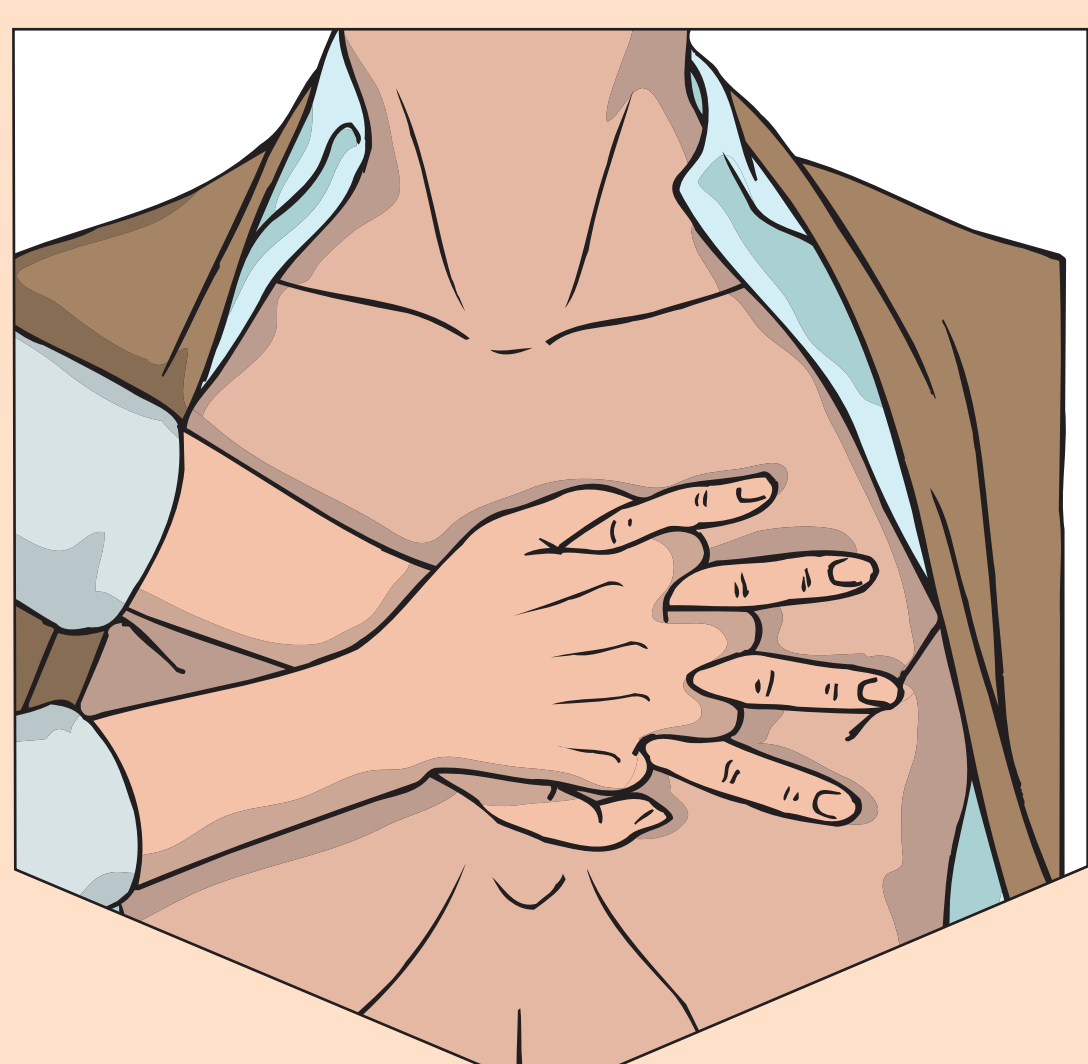
- Tilt head back and lift chin
- Look
- Listen
- Feel
- Take no more than 10 s.



---> If not breathing normally

Call 112 Deliver 30 chest compressions

Place your hands
in the centre of the chest



Deliver 2 rescue breaths

- Seal your lips around the mouth
- Blow steadily until chest rises
- Give next breath when the chest falls



---> Continue CPR 30:2 until qualified help arrives

If responsive

- Observe
- Get help if necessary

If breathing normally

- Place in recovery position
- Get help
- Recheck breathing

