

Basic Life Support with the use of an Automated External Defibrillator (AED)





Shake gently

Ask loudly: "Are you all right?"





If unresponsive

If unresponsive and not breathing normally

Call 112, send someone to get an AED

Open airway & check for breathing

If breathing normally

Turn into recovery position■ Call 112

Continue to assess that breathing remains normal





Start chest compressions immediately

Place your hands in the centre of the chest
Deliver 30 chest compressions:



Press firmly at least 5 cm but no more than 6 cm deep

- Press at a rate of at least 100/min but no more than 120/min
- If trained and able combine chest compressions with ventillations otherwise continue with compression only CPR
 - Seal your lips around the mouth
 - Blow steadily until the chest rises
 - Give next breath when the chest falls
- Continue CPR 30 compressions to 2 ventilations

As soon as AED arrives Switch on the AED & attach pads

- Follow the spoken/visual directions
- Attach one pad below the left armpit
- Attach the other pad below the right collar bone, next to the breastbone
- If more than one rescuer: do not interrupt CPR



Follow AED instructions

Continue CPR unless you are certain the victim has recovered and starts to breathe normally.

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