RESUSCITATION COUNCIL OF SOUTHERN AFRICA

2025

Basic Life Support Adults and Children

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HAZARDS

Ensure the scene is safe
Wear appropriate PPE

HELLO?

If unresponsive, check for breathing and pulse

HAS PULSE AND BREATHING
Place in recovery position
Monitor breathing and pulse
Reassess patient regularly
Call for help as required

HELP!

Call for assistance
Call for AED/Defibrillator
Emergency number: _____

HAS PULSE BUT NO EFFECTIVE BREATHING
Give rescue breaths
- Adult: every 6 seconds
- Child: every 3 seconds
- Infant: every 2 seconds

Reassess patient regularly
Call for help as required

NO PULSE OR NOT SURE
Pulse rate < 60/min in children and infants despite adequate ventilation

START CHEST COMPRESSIONS

Compress the chest fast (almost 2 per second)
Push hard I Ensure full chest recoil I Minimise interruptions

BREATHS

Attempt 2 breaths at 1 breath/second (with O_2 if available) after every 30 compressions
Adult ratio 30:2 I Children or infants 30:2 (2-rescuer 15:2)
Continue until AED/Defibrillator arrives

ANALYSE RHYTHYM

Attach AED/Defibrillator immediately

SHOCK ADVISED (VF/pVT)

Administer 1 Shock
AED: Follow instructions
Adult: 120-360J
(max joules if unknown)
Paediatric: 4J/kg

HIGH QUALITY CPR

Immediately resume CPR starting with compressions
Continue for 2 minutes or until AED advises

NO SHOCK ADVISED (PEA/Asystole)

Immediately resume CPR starting with compressions
Continue for 2 minutes or until AED advises

If definite signs of life, monitor and provide post-ROSC care