Basic Cardiopulmonary Life Support (BCLS)

Ensure Safe place

Check Response
Tap on shoulder from front and ask loudly "Hello- Are you alright?"

Responsive → Observe the victim, Recovery position and Shift to nearest medical facility

Non-responsive

Shout for help, Call 108 / local emergency number
Get AED/ Defibrillator and emergency equipments

Check Breathing while palpating Carotid Pulse
Perform within 5-10 seconds

Normal breathing with Definite Carotid Pulse	• Recovery Position, Reassess every 2 minutes • Shift to nearest medical facility
Abnormal or No breathing with Definite Carotid pulse	• Provide 1 breath every 5 seconds, • Reassess every 2 minutes
Abnormal or No breathing without Definite Carotid pulse	• Start Cycles of 30 Chest Compressions and 2 Breaths

5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

- **Pulse Present** → Recovery Position
- **Pulse Absent** → 5 Cycles – 30 Chest Compression and 2 Breaths

Defibrillator / AED Available

Attach
Analyze

• While attaching pads don't stop chest compression	• While analyzing the rhythm don't touch the patient

Shockable
- 1 shock
- Defibrillation: start with 120 J & escalate to 200 J; AED: auto-selected J

Non-Shockable
- No shock
- Resume CPR

5 Cycles – 30 Chest Compression and 2 Breaths

Continue the cycles of CPR till victim becomes responsive (*Victim moving, coughing or vocalizing*), pulse/breathing returns or victim is shifted to medical facility.