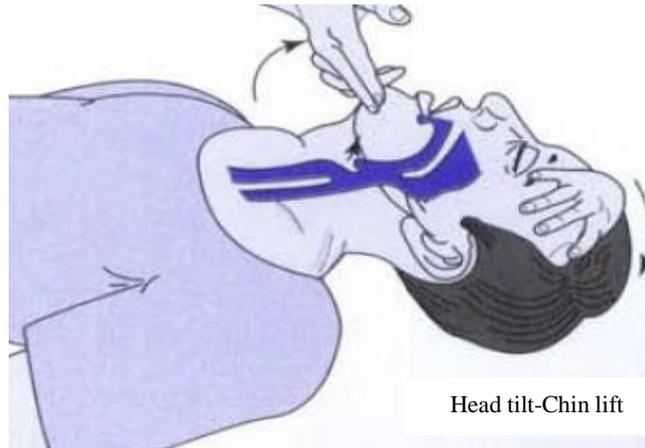


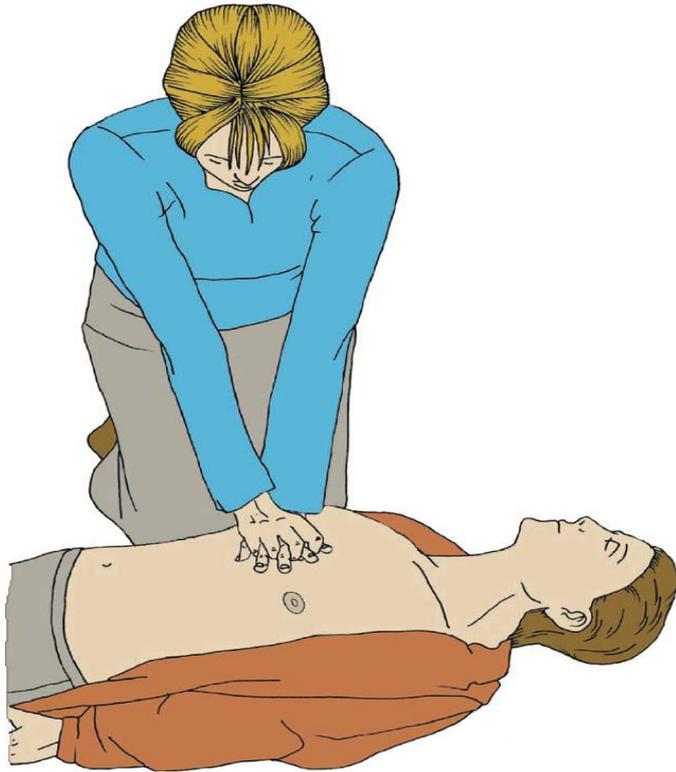
**Clinical Learning Guide**  
**Adult basic life support**

STEP/TASK	AP	IP	NP
<b>Inspecting the victim:</b>			
1. Ensure personal safety: Put on gloves, be careful with sharps			
2. Check the victim for a response by shaking both shoulders, then asking “أنت كويس؟” or shouting out his/her name.			
3. If the victim responds, leave in position and try to assess what is wrong with him/her.			
4. If the victim does not respond, turn the victim on the back & shout for help			
5. Clear the airway.			
6. Assess airway for obstruction. Maintain patent airway. If there is suspicious of cervical spine injury, use the “Jaw thrust” maneuver. Otherwise, use “Head tilt- chin lift” maneuver or insertion of oropharyngeal airway.			
7. If trained, check for breathing and assess the carotid pulse at the same time.			
8. If there is no pulse or signs of life: Start CPR immediately			
<b>Application of cardiac compression</b>			
1. Place your interlocked hands in the middle of the lower half of the sternum			
2. Position yourself vertically above the victim's chest and with your arm straight depress the chest by 5-6 cm. aiming for a rate of 100 compressions per minute.			
3. After each compression, release the pressure on the chest without losing contact between your hands and the sternum			
4. Compression and release should take an equal amount of time, <b>compression/release ratio = 1:1</b>			
5. Give 30 chest compressions followed by 2 ventilations			
6. <b>When 2 or more rescuers are available, switch chest compressors every 2 minutes (or after about 5 cycles of compressions and ventilations at a ratio of 30:2) to prevent decreases in the quality of compressions</b>			
<b>Start “Head tilt-Chin lift maneuver” &amp; give rescue breathes</b>			
1. Place your hand on his forehead and gently tilt his head back.			
2. With your fingertips of the other hand, under the point of his chin, lift the chin to open the airway, pinch the nose and ventilate.			
3. If 2 rescuers; secure the airway of the patient. Once the airway has been secured, continue chest compressions uninterrupted at a rate of 100 compressions per minute and ventilate the lungs at approximately 10 breaths per minute. <i>Only stop compressions for defibrillation or pulse checks.</i>			



Head tilt-Chin lift

AP = Adequately Performed  
IP = Inadequately Performed  
NP = Not Performed



Cardiac compression