TOP MESSAGES

1. RECOGNISE CARDIAC ARREST AND START CPR

2. ALERT EMERGENCY MEDICAL SERVICES

3. START CHEST COMPRESSIONS

4. GET AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

5. LEARN HOW TO DO CPR
RECOGNISE CARDIAC ARREST AND START CPR

**KEY EVIDENCE**

- Early recognition of cardiac arrest improves survival
- Cardiac arrest is diagnosed if person is unconscious with absent or abnormal breathing
- Agonal breathing and seizures are common immediately following cardiac arrest and can be confused as being a sign of life leading to delayed CPR

**KEY RECOMMENDATIONS**

If unconscious and not breathing normally - start CPR

**NO, NO GO**
- Conscious - NO;
- Breathing or breathing normally - NO;
- GO - start CPR
KEY EVIDENCE

“CPR first” strategy is associated with better outcome compared to “Call first” strategy, so shortening time to CPR is important.

Availability and use of smart phones with speaker or hands-free options allow bystanders to call for help and start CPR simultaneously.

KEY RECOMMENDATIONS

Alert the emergency medical services (EMS) immediately if a person is unconscious and not breathing/not breathing normally.

If alone, dial the EMS number, activate the speaker or hands-free option to immediately start CPR while getting assistance from dispatcher.
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START CHEST COMPRESSIONS

KEY EVIDENCE

High quality chest compressions (fast and deep enough with minimal pauses) are associated with better survival.

Chest compressions are safe, and there are very few reports of harm when CPR has inadvertently been given to persons not in cardiac arrest.

KEY RECOMMENDATIONS

Place your hands at the center of the chest.

Compress at a rate of 100-120 per minute at a depth of 5-6 cm.

Don’t stop until help arrives or the person wakes up.
GET AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

KEY EVIDENCE

Survival drops dramatically with each minute delay in defibrillation

AEDs can be used safely by bystanders and first responders

KEY RECOMMENDATIONS

Get an AED as soon as possible, turn it on AED and follow instructions

If you are not alone, try to minimize pauses in CPR by having one person do chest compressions while another turns on and applies the AED
LEARN HOW TO DO CPR

KEY EVIDENCE

Bystander CPR improves survival from cardiac arrest, so learning how to recognize cardiac arrest and start CPR can save lives.

The importance of early ventilation during cardiac arrest remains uncertain, but chest compressions should always be started as soon as possible.

KEY RECOMMENDATIONS

Chest compressions should be given to any unresponsive person not breathing normally.

When trained and able to provide mouth-to-mouth ventilations, you should start 30:2 CPR.