



## Life Support Assessment Tool (Basic Life Support, BLS)

Participants must demonstrate basic life support techniques for adult, child and infant victims. Demonstration is required ANNUALLY, on an adult manikin. If child and infant manikins are unavailable, participants must state the differences in BLS for these age groups.

For a 30 minute update on BLS theory, go to HETI online e-learning 'Basic Life Support (adult)'  
For further information: Australia New Zealand Council of Resuscitation  
www.resus.org.au

Mark each statement  
✓ = Observed  
OR x = Not Observed

Activity		adult	child	infant
<b>Danger</b>	Check area for <b>D</b> anger			
<b>Response</b>	Ascertain <b>R</b> esponse by appropriate verbal & tactile stimuli (Never shake a child or infant)			
<b>Send for help</b>	<b>S</b> ends for help and AED (if available) Notes time			
<b>Airway</b>	Open Airway head tilt, chin lift (child & adult), jaw thrust if suspected spinal injuries neutral position (infant)			
	Clears airway; suction / remove visible objects			
<b>Normal Breathing?</b>	Assess <b>B</b> reathing for no more than 10 seconds: Look, listen & feel			
	If breathing normally, place in recovery position			
<b>Cardio-pulmonary Resuscitation</b>	Victim unconscious & not breathing normally: start <b>C</b> ompressions			
	Locate correct compression point – lower half of sternum, centre of chest			
	Depress 1/3 <sup>rd</sup> depth of chest with each compression			
	Perform chest compressions at a rate of 100 – 120 / minute			
	After 30 initial compressions, give 2 effective rescue breaths			
	Defines when to use pocket mask rather than mouth-to-mouth			
	Maintain CPR ratio of 30:2 (compression: ventilation)			
<b>Defibrillation</b>	Turn AED to "ON"			
	Correctly attach and position defibrillation pads			
	Ensure pads are connected to AED			
	Chest compressions continue until AED alerts you to stop compressions			
	Follow verbal prompts from the AED – allow AED to 'analyse'			
	If shock advised: ensure all staff are clear by loudly stating STAND CLEAR and ensure safety of self & others			
	Safely administer shock when advised			
Follow verbal prompts until help arrives				
<b>Assessor's initials</b> _____ →				
<b>Comments</b>				
<b>Participant Name</b>			<b>Employee Number</b>	
<b>Participant Signature</b>			<b>Designation</b>	
<b>Ward/Department</b>			<b>Date</b>	
<b>Assessor's Name</b>			<b>Assessor's Signature</b>	
<b>Assessment Decision:</b> Competent <input type="checkbox"/> Not Yet Competent <input type="checkbox"/>				
<b>Plan of Action if Not Yet Competent:</b>				