

## Overview

This standard covers preparing for and providing basic life support.

Users of this standard will need to ensure their practice reflects up to date information and policies

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

## Performance criteria

### *You must be able to:*

- P1. assess and promptly confirm that the individual's circulation and breathing has stopped and establish the need for basic life support
- P2. summon help immediately in accordance with guidelines and workplace procedures
- P3. assess and confirm that environmental factors are safe for the initiation of basic life support
- P4. use the correct technique for opening the individual's airway including removing obstruction causing choking
- P5. assess breathing to confirm if individual is not breathing or has abnormal breathing
  
- P6. administer oxygen safely if available
- P7. perform external chest compressions and/or ventilation safely and effectively ensuring:
  - a. a firm base to facilitate external compressions
  - b. compression is applied on the correct site of the individual's chest
  - c. comply with the correct depth
  - d. comply with the correct rate of chest compressions
  - e. the appropriate ratio is used when alternating compressions with ventilation
- P8. use an Automated External Defibrillator when cardiac arrest is suspected, following the instructions given by the Automated External Defibrillator
- P9. monitor the effectiveness of compressions and ventilation
- P10. continue ventilation and compressions until:
  - a. the individual shows signs of life
  - b. the individual is handed over to the care of others
- P11. place a recovered individual in a stable condition that allows for continued monitoring
- P12. accurately and clearly report the actions you have taken, and the duration, when handing over to a specialist
- P13. reinstate equipment to working status after use
- P14. complete all relevant documentation required for basic life support

## Knowledge and understanding

### *You need to know and understand:*

- K1. the current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere
- K2. the hazards and risks which may arise and how to manage these
- K3. the importance of seeking immediate help to maximise an individual's chance of survival
- K4. the different techniques for ensuring an open airway and when these would be used
- K5. the anatomy of the respiratory system
- K6. the priorities in life support
- K7. the action to take and the different methods used in the event of foreign body airway obstruction in children, young people and adults
- K8. the different techniques used to ventilate an individual and when each should be used
- K9. the ventilation ratio and rate for different individual's
- K10. why a firm base is needed for chest compressions, and what action to take when one is not available
- K11. the correct site and hand/finger placement for applying external chest compression
- K12. the rate and depth of compressions needed for different individuals
- K13. the different methods of chest thrusts and back slaps to use in the cases of children, young people and adults
- K14. the purpose of the Automated External Defibrillator and importance of following the instructions for using the Automated External Defibrillator.
- K15. the safety requirements for self and others when operating an Automated External Defibrillator.
- K16. the observations to be carried out to identify adequate oxygenation
- K17. when to cease application of techniques
- K18. the importance of the placement of the recovered individual including the specific positioning needs of pregnant women in the third trimester
- K19. the information required when handing over to the care of a specialist
- K20. the methods used to reinstate equipment to working status after use in line with relevant guidelines, protocols and workplace procedures
- K21. the need for emotional support of others or self-care following initiation of basic

life support

K22. where and how to access support for self and others following initiation of basic life support

K23. how to completely and safely store all relevant documentation in accordance with relevant legislation, guidelines, and workplace procedures

## Provide Basic Life Support

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