



**SIRIUS**  
**BUSINESS SERVICES LTD**  
TRAINED FOR SAFETY

# **Basic Life Support, AED and Anaphylaxis for General Practitioners, Dentists, Nurses and Practice Staff**

**Sirius Business Services Ltd**

***[www.sirius-business-services.co.uk](http://www.sirius-business-services.co.uk)***

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Whatever your First Aid , Fire Safety or Health & Safety requirement, we are here to help you.

There is a degree of flexibility in all course programmes to allow us to accommodate any specific requirements you may have.

Please contact us for further information.

This course is delivered in accordance with the UK Resuscitation Council Guideline 2010 and European Resuscitation Council guidelines 2010.



# Primary survey

**D**anger

**R**esponse

**Shout for help**

**A**irway

**B**reathing

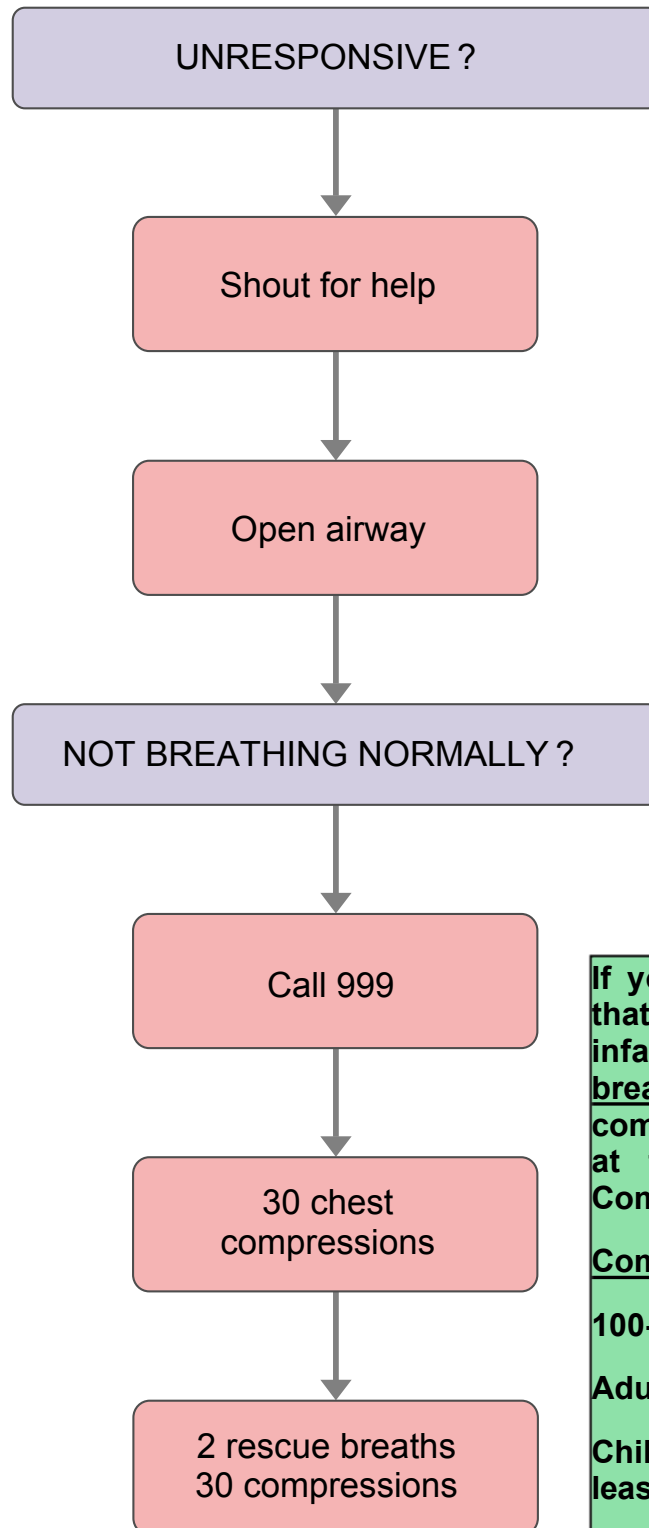
**C**PR for a non-breathing casualty



# Recovery position



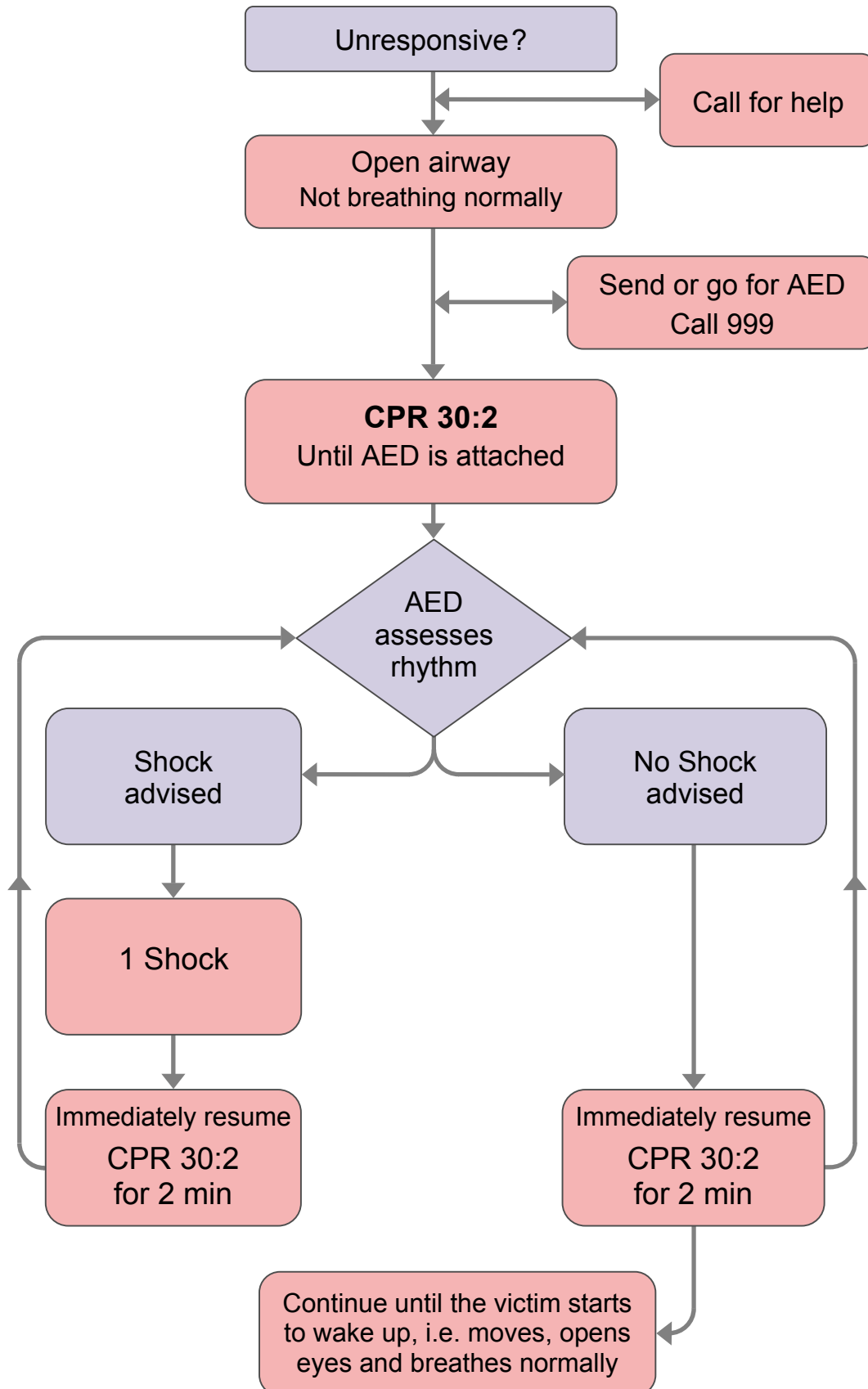
### Adult Basic Life Support



If your casualty is an Adult that has drowned or a child or infant, give 5 initial rescue breaths before starting chest compressions (then continue at the ratio of 30 Chest Compressions to 2 Breaths).

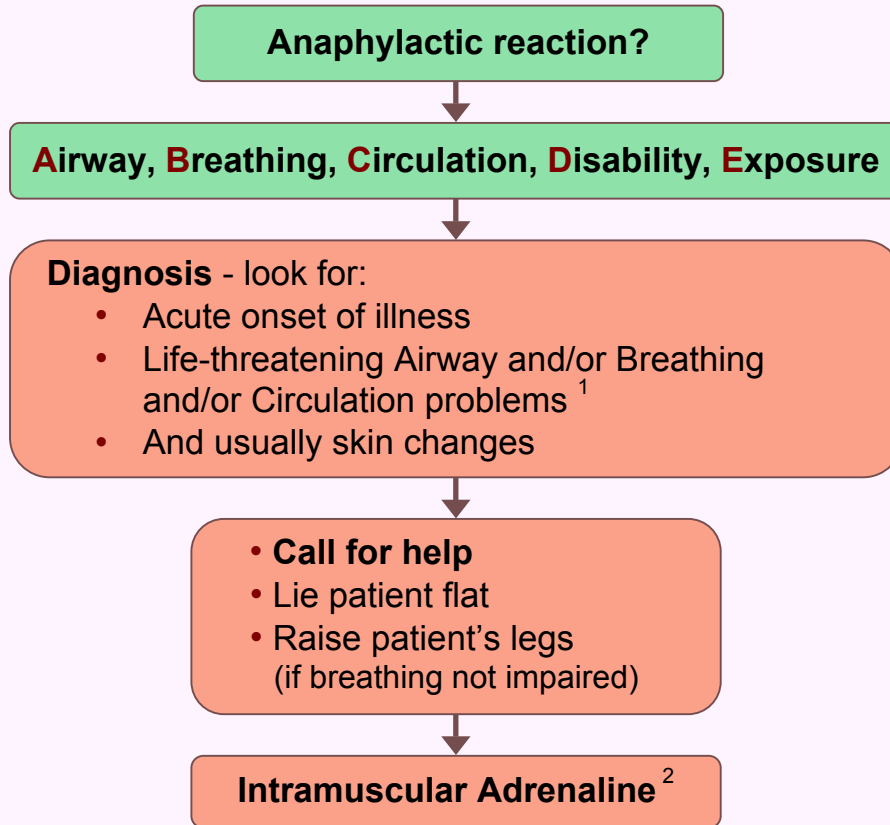
**Compressions**  
100-120 a minute  
Adult - Depth 5-6 cm  
Child/Infant - compress to at least one-third of chest depth.

### AED Algorithm





## Anaphylactic reactions Initial Treatment



### 1 Life-threatening problems:

**Airway:** swelling, hoarseness, stridor

**Breathing:** rapid breathing, wheeze, fatigue, cyanosis, SpO<sub>2</sub> < 92%, confusion

**Circulation:** pale, clammy, low blood pressure, faintness, drowsy/coma

### 2 Intramuscular Adrenaline

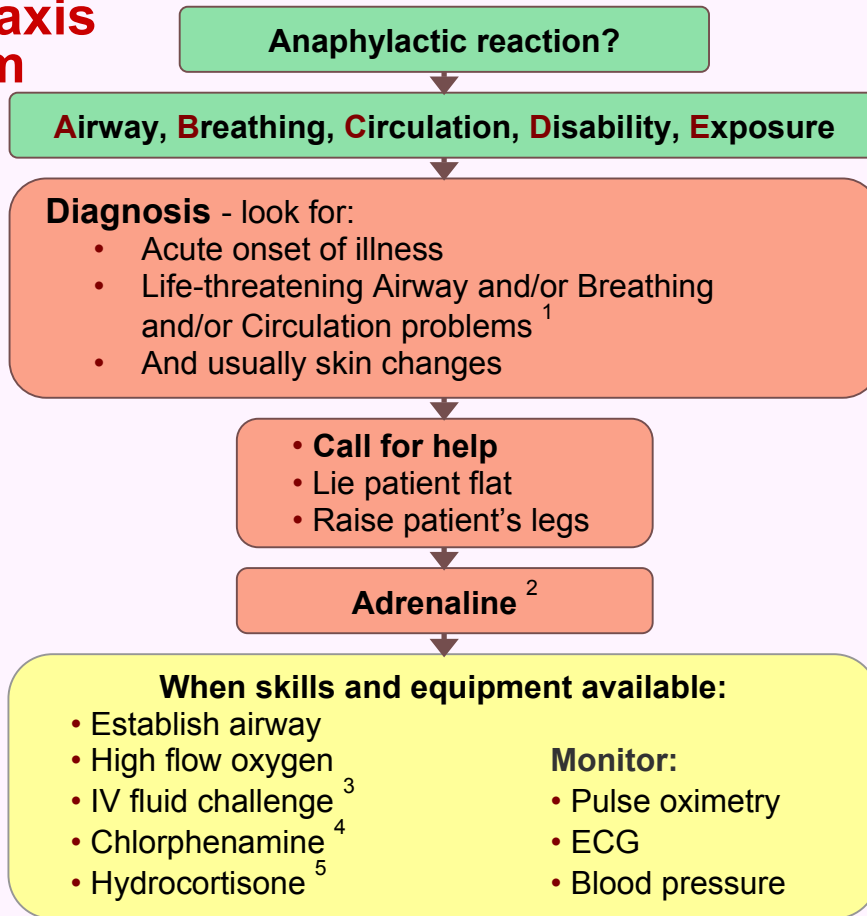
IM doses of 1:1000 adrenaline (repeat after 5 min if no better)

- Adult 500 micrograms IM (0.5 mL)
- Child more than 12 years: 500 micrograms IM (0.5 mL)
- Child 6 -12 years: 300 micrograms IM (0.3 mL)
- Child less than 6 years: 150 micrograms IM (0.15 mL)

March 2008



# Anaphylaxis algorithm



### 1 Life-threatening problems:

- Airway:** swelling, hoarseness, stridor  
**Breathing:** rapid breathing, wheeze, fatigue, cyanosis, SpO<sub>2</sub> < 92%, confusion  
**Circulation:** pale, clammy, low blood pressure, faintness, drowsy/coma

### 2 Adrenaline (give IM unless experienced with IV adrenaline)

IM doses of 1:1000 adrenaline (repeat after 5 min if no better)

- Adult 500 micrograms IM (0.5 mL)
- Child more than 12 years: 500 micrograms IM (0.5 mL)
- Child 6 - 12 years: 300 micrograms IM (0.3 mL)
- Child less than 6 years: 150 micrograms IM (0.15 mL)

Adrenaline IV to be given **only by experienced specialists**

Titrate: Adults 50 micrograms; Children 1 microgram/kg

### 3 IV fluid challenge:

- Adult - 500 – 1000 mL
- Child - crystalloid 20 mL/kg

Stop IV colloid if this might be the cause of anaphylaxis

### 4 Chlorphenamine

(IM or slow IV)

- Adult or child more than 12 years 10 mg
- Child 6 - 12 years 5 mg
- Child 6 months to 6 years 2.5 mg
- Child less than 6 months 250 micrograms/kg

### 5 Hydrocortisone

(IM or slow IV)

- 200 mg
- 100 mg
- 50 mg
- 25 mg

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**[More Information Available at:](#)**

**[Resuscitation Guidelines 2010](#)**

<http://www.resus.org.uk/pages/guide.htm>

**[Anaphylaxis](#)**

<http://www.resus.org.uk/pages/reaction.pdf>

<http://www.anaphylaxis.org.uk/>

***We hope you have found your training session useful and informative. We are able to offer a range of other training courses and services, some of which are listed below:***

**Training**

Level 2 Emergency First Aid at Work (1 DAY)

Level 3 First Aid at Work (3 Day) and Requals

Level 2 Activity First Aid, Level 2 Paediatric First Aid

Basic First Aid, AED Training

Medical Gasses Training

Fire Marshal/Fire Warden, Level 2 Fire Safety

Fire Extinguisher (including live fire)

Level 2 Health & Safety, Level 3 Health & Safety

Level 2 Manual Handling

Postal Bombs and Telephone Bomb Threats

Bespoke Health & Safety, First Aid and Fire Safety Training

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**Documentation, Advice and Support**

Health & Safety Policies, Manuals and Procedures

Risk Assessments, Fire Risk Assessments

Manual Handling, COSHH and DSE Assessments

Safety Inspections and Audits, Accident Investigations

24/7 Online support system, Support contracts

**For more information on any of the above**

**Tel 01305 769969**

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