



## OSCE Checklist: Basic Life Support (BLS)

Approach safely	
1	Check the patient's surroundings are safe before approaching
Check for a response	
2	Check the patient for a response
3	Call for help if there is no response from the patient
Check for signs of life	
4	Position the patient on their back and perform the head-tilt chin-lift to open the airway
5	Assess for a carotid pulse at the same time
6	Look, listen and feel for signs of breathing for 10 seconds
Commence CPR	
7	If there are no signs of life call the resuscitation team and commence CPR
8	Deliver 30 chest compressions with the hands positioned over the lower half of the sternum. Aim to compress the chest by approximately 5-6cm and perform chest compressions at a rate of 100-120 compressions per minute.
9	Deliver 2 ventilations after performing 30 chest compressions and continue to repeat this cycle. The person performing chest compressions should be rotated every 2 minutes.

Read the full guide at  
[geekymedics.com](https://www.geekymedics.com)

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