

# BASIC LIFE SUPPORT FOR ADULTS



Adult emergency first aid algorithm for non-elite football during COVID-19 (in the absence of level 3 PPE)

- **Safe approach** in appropriate PPE (gloves, apron, fluid-resistant surgical mask and eye protection)
- Look for signs of life – chest rise/fall (**don't** listen at the mouth for breathing)
- Head-tilt/chin-lift or jaw thrust as required
- If no PPE worn, establish signs of life from a social distance as advised by the government

**Are there signs of life?**

**Yes**

(participant is breathing normally)

**Call for help**

- First aid responders (EAP) in PPE as above
- Ambulance if required

Participant  
conscious

**Manual in-line stabilisation  
dependent on mechanism  
of injury**

**Airway** – clear/noisy, head-tilt/chin-lift or jaw thrust only

**Breathing** – with O<sub>2</sub> (if present)

**Circulation** – check colour and for signs of bleeding

**Dysfunction** – check response

**Everything else** – if participant requires extrication, await ambulance crew. If participant is able to safely walk from the field of play, take them to the side of the pitch – social distance from other participants.

Participant not  
conscious

**Apply manual in-line  
stabilisation**

**Airway** – jaw thrust if required

**Breathing** – with O<sub>2</sub> (if present)

**Circulation** – check colour and for signs of bleeding

**Dysfunction** – check response

**Everything else** – ensure no other injuries

Consider positioning if airway at risk (two-person log roll)

Do not extricate – await ambulance arrival

**No**

(participant is **not** breathing normally)

**Call for help**

- Ambulance
- Request AED immediately
- First aid responders (EAP) in PPE as above

- Open the airway (head-tilt/chin-lift or jaw thrust)
- Begin chest compressions **ONLY** with covering over face
- Apply AED as soon as it arrives
- Continue until ambulance arrives or participant shows signs of life

- Do not begin rescue breathing – await ambulance
- If the participant shows signs of life, move to the first/blue algorithm