The Basic Steps of Adult BLS / CPR

1. Check the Scene for Safety
2. Tap the Person and Shout, “Are You OK?”
3. If No Response, Have Someone:
   a. Call 911
   b. Get an AED
   c. Come Back
4. Look for Normal Breathing
5. If No Normal Breathing, Begin Cycles of 30 Compressions and 2 Breaths
6. Continue until:
   a. An AED Arrives
   b. Paramedics Take Over, or
   c. The Victim Starts to Move

Here are a few things to remember!

CPR should be performed on victims that have no pulse and no normal breathing.

Protect yourself during CPR with Gloves, Eye Protection, and a Breathing Device

Hand Placement for CPR
- Adults – 2 Hands on the Center of the Chest
- Children – 1 or 2 Hands on the Center of the Chest
- Infants - 2 Fingers on the Center of the Chest

Compression Rate
- At least 100 per minute (The same beat as the song Stayin’ Alive) 2 Finger Infant CPR Hand Placement
- Chest compressions should be hard and fast, and interrupted as little as possible.

Compression Depth
- Adults – At least 2”
- Children and Infants – At least 1/3rd the depth of the chest

Compression to Ventilation Ratio
- 30 Compressions : 2 Breaths

What is an AED?
- An automated external defibrillator (AED) is a lightweight, portable device that delivers an electric shock through the chest to the heart. The shock can stop an irregular rhythm and allow a normal rhythm to resume in a heart in sudden cardiac arrest. After a shock from the AED, immediately resume compressions and follow the AED prompts!

The warning signs for a heart attack can range from slight to severe, and can present differently between women and men. Check out the signs and symptoms of women’s heart attacks here.
The Basic Steps of First Aid

1. Assess the scene for safety
2. Alert EMS (Call 911)
3. Attend to the ABC's (Airway, Breathing, Circulation)

Your safety is the highest priority! Make sure the scene is safe before you try and help someone!

Before providing first aid care to someone you must get their permission. This is known as consent.

If a victim is unresponsive, you can provide care based on implied consent.

You can protect yourself from Bloodborne Pathogens (Hepatitis B+C and HIV) by using Universal Precautions. That means: whether or not you think someone’s blood or body fluid is infectious, you act as if it is.

If possible, protect yourself during first aid with Gloves and Eye Protection.

If it is absolutely necessary to move an injured person because their life is in danger, move them in the direction of the long axis of the spine. Try to protect their neck and back, and do not pull the person sideways.

Your First Aid course will cover numerous types of injuries including:

- Soft Tissue Injuries (Bleeding)
- Muscle and Bone Injuries
- Spinal Injuries
- Burns
- Breathing Emergencies
- Heat and Cold Related Emergencies
- Allergic Reactions and Anaphylaxis
- And many more

Each of these injuries will be discussed in class. If you have any specific emergencies that you have questions about, make sure you ask your instructor! We are all professional emergency responders.

Thank you so much for registering for our class! We look forward to helping you learn how to save lives. Included in your class you will receive an 80 page book (accessible online) to help keep your skills sharp over the next 2 years. Also, the studies have shown that a refresher is beneficial every 6 months, so we will send you scenarios every 6 months so you can always have those lifesaving skills handy until you renew with us!

If you have any questions at all, please don’t hesitate to give us a call.

Thanks again!

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