BLS Guidelines 2010

Building Blocks CPR

- Chest Compressions
- 30:2 CPR
- Rescue Breaths
- Multirescuer Coordinated CPR
- Team-Work

Rescuer Proficiency:
- No Training
- Highly Trained

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Adult Chain of Survival

BLS Algorithms

Adult BLS Healthcare Providers

1. Unresponsive
   No breathing or no normal breathing
   (i.e., only gasping)

2. Activate emergency response system
   Get AED/defibrillator
   or send second rescuer (if available) to do this

3. Check pulse:
   DEFINITE pulse within 10 seconds?
   Definite Pulse
   - Give 1 breath every 5 to 6 seconds
   - Recheck pulse every 2 minutes

   No Pulse
   Begin cycles of 30 COMPRESSIONS and 2 BREATHS

4. AED/defibrillator ARRIVES

5. Check rhythm
   Shockable rhythm?
   Shockable
   - Give 1 shock
   - Resume CPR immediately for 2 minutes

   Not Shockable
   Resume CPR immediately for 2 minutes
   Check rhythm every 2 minutes; continue until
   ALS providers take over or victim starts to move

Note: The boxes bordered with dashed lines are performed
by healthcare providers and not by lay rescuers

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Simplified Adult BLS

Unresponsive
No breathing or no normal breathing (only gasping)

Activate emergency response

Get defibrillator

Start CPR

Check rhythm/shock if indicated
Repeat every 2 minutes

Push Hard • Push Fast

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Pediatric Chain of Survival

Pediatric BLS

Pediatric BLS Healthcare Providers

1. Unresponsive
   Not breathing or only gasping
   Send someone to activate emergency response system, get AED/defibrillator

2. Lone Rescuer: For SUDDEN COLLAPSE, activate emergency response system, get AED/defibrillator

3. Check pulse: DEFINITE pulse within 10 seconds?
   • Give 1 breath every 3 seconds
   • Add compressions if pulse remains <60/min with poor perfusion despite adequate oxygenation and ventilation
   • Recheck pulse every 2 minutes

3A. Definite Pulse

4. One Rescuer: Begin cycles of 30 COMPRESSIONS and 2 BREATHS
   Two Rescuers: Begin cycles of 15 COMPRESSIONS and 2 BREATHS

5. After about 2 minutes, activate emergency response system and get AED/defibrillator (if not already done). Use AED as soon as available.

6. Check rhythm
   Shockable rhythm?

7. Shockable
   Give 1 shock
   Resume CPR immediately for 2 minutes

8. Not Shockable
   Resume CPR immediately for 2 minutes
   Check rhythm every 2 minutes; continue until ALS providers take over or victim starts to move

High-Quality CPR
   • Rate at least 100/min
   • Compression depth to at least ½ anterior-posterior diameter of chest, about 1½ inches (4 cm) in infants and 2 inches (5 cm) in children
   • Allow complete chest recoil after each compression
   • Minimize interruptions in chest compressions
   • Avoid excessive ventilation

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