



BLS for the Healthcare Provider Study Guide!

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, Check the Carotid Pulse for 10 Seconds or Less
6. If No Pulse, Begin Cycles of 30 Compressions and 2 Breaths
7. 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 unresponsive victims with no pulse and no normal breathing within 10 seconds.

For Children and Infants, CPR should be started if there is no normal breathing, signs of poor perfusion, and a pulse of less than 60 beats per minute

Hand Placement for Adult CPR

- 2 Hands in the Center of the Chest



2 Finger Infant CPR Hand Placement

Hand Placement for Infant CPR

- 1 Rescuer - 2 Fingers on the Center of the Chest
- 2 Rescuers – Encircling Thumbs Technique



2 Rescuer Encircling Thumbs Technique

What if they have a pulse, but aren't breathing effectively?

- You will start rescue breathing
- Your breaths should last 1 second and make the victim's **chest** rise
 - Adults (1 Breath every 5-6 Seconds)
 - Children (1 Breath every 3-5 Seconds)

Breathing Techniques

- Perform a head tilt chin lift with every breath
- Breath about 1 second each breath or until you see chest rise



Ventilation with a Bag Mask Device.

- Recommended during 2-Rescuer CPR

Breathing: EC clamp technique

— Bag-Mask Ventilation —



Mouth to Mask ventilations

- Recommended during 1- Rescuer CPR

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.
- As soon as the AED becomes available, turn it on and follow the AED prompts as it will guide you through the steps for use.



Compression Rate

- At least 100 - 120 per minute (The same beat as the song *Stayin' Alive*)

Compression Depth

- Adults – At least 2" - 2.4"
- Children and Infants – At least 1/3rd the depth of the chest

Compression to Ventilation Ratio

- Adult (1 Rescuer) – 30 Compressions : 2 Breaths
- Adult (2 Rescuer) – 30 Compressions : 2 Breaths
- Children and Infants (1 Rescuer) – 30 Compressions : 2 Breaths
- Children and Infants (2 Rescuers) – 15 Compressions : 2 Breaths

**After an Advanced Airway (Endotracheal Tube or Combitube) is placed the Ratio Changes

- Compressions are continuous at 100 - 120 per minute
- Breaths are 1 every 6 seconds



Endotracheal (ET) Tube

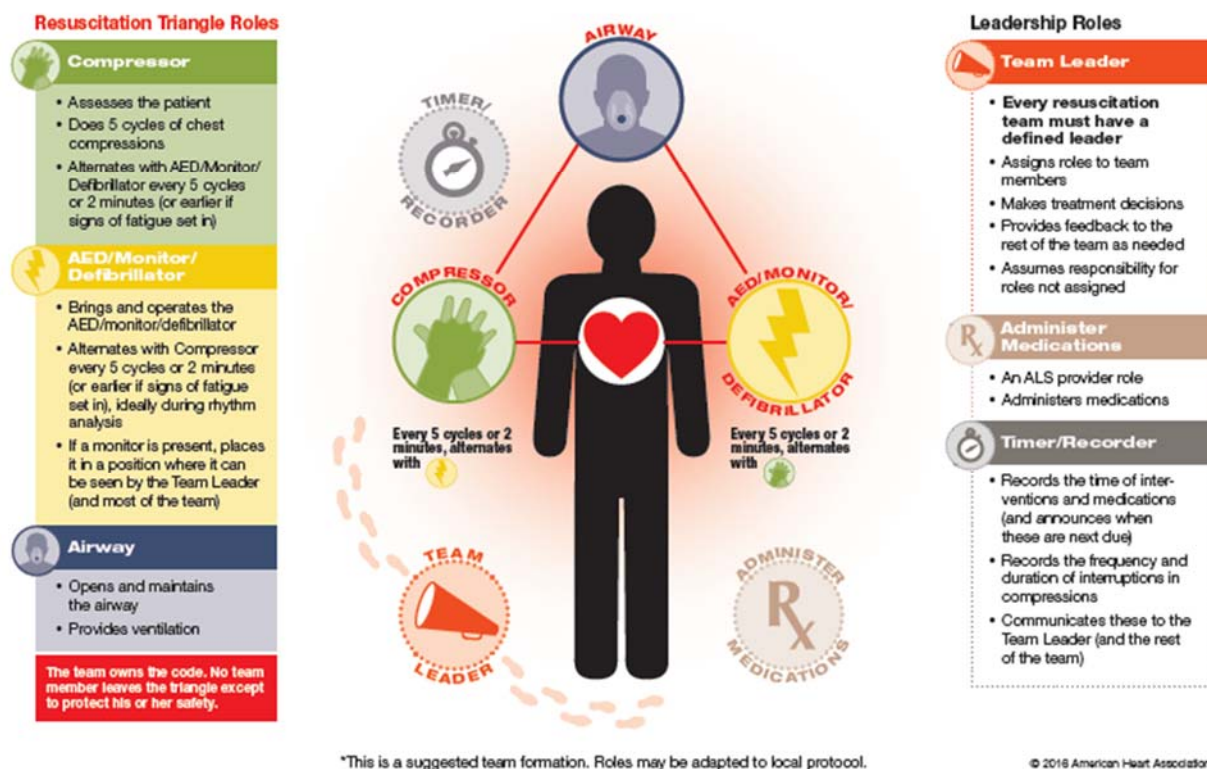


Combitube

CPR in a Team Dynamic

- Performing successful in a team dynamic may increase a victim's chance for survival
- Clear roles and responsibilities need to be delegated as soon as possible
- When team members know their role ahead of time, the team functions more smoothly

Positions for 6-Person High-Performance Teams*

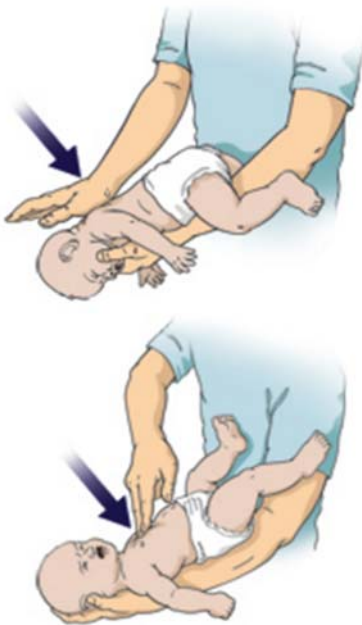


Adult, Child, and Infant Choking

- For Adults and small children, perform inward upward thrust above the naval (Heimlich maneuver)
- You may have to drop to a knee when performing abdominal thrust on children
- Perform 5 back slaps and 5 chest thrust for choking infants
- Perform the back slaps or thrusts until the object comes out, or the victim becomes unresponsive
- Once the victim becomes unresponsive, have someone call 911, and begin CPR (30:2)



- Perform inward/upward abdominal thrust for a choking Adult and Child



- Perform 5 back slaps and 5 chest thrust for a choking Infant

Thank you so much for taking our class! We look forward to helping you learn how to save lives. If you ever have any questions at all, please don't hesitate to contact us.

Thanks again!

The SureFire CPR Team
(888) 277-3143
info@SureFireCPR.com
www.SureFireCPR.com
[SureFire CPR - Facebook](#)