

BLS for Healthcare Provider - Quick Guide

	Adult (puberty - above)	Child (1 yr. - puberty)	Infant (<1 yr.)
Scene Safety	Make sure that the scene is free of all safety hazards		
Determine Responsiveness	Tap and shout to check for responsiveness		Flick feet to check for responsiveness
Activate EMS	Immediately - Call for help and get the AED	Witnessed - Immediately call for help and get the AED if you are alone	
		Unwitnessed - Perform 5 cycles of CPR first then call for help if you are alone	
Check Pulse (C)	5-10 secs and signs of normal breathing, if no pulse begin CPR with 30 compressions	Check pulse 5-10 secs, and signs of no normal breathing, if no pulse or pulse <60 bpm w/ poor perfusion, begin CPR with 30 compressions	
Open Airway (A)	Head tilt-chin lift - No trauma Modified jaw thrust - Trauma		Head tilt-chin lift / Neutral sniff position
Breathing (B)	Give 2 breaths, look for chest rise		Give 2 puffs, look for chest rise
Ratio (compression to ventilation)	30:2 (1 or 2 rescuer)	30:2 (1 rescuer) or 15:2 (2 rescuer)	
Depth of Compression	At least 2 inches, no greater than 2.4 inches	At least 1/3 the depth of the chest (approx. 2 inches)	At least 1/3 the depth of the chest
Rate of Compressions	100 - 120 compressions / min.		
AED/Defibrillation * Can eliminate an abnormal rhythm to possibly restore to a normal rhythm	Use AED asap, turn on and follow the prompts, resume compressions (CAB) immediately after each shock. 8 yrs. and older or >55 lbs. adult pads		Turn on and use AED asap and follow prompts, resume compressions (CAB) immediately after each shock. <1yr., pediatric pad (manual defib preferred)
Rescue Breathing	1 breath every 5-6 secs.	1 breath every 3-5 secs.	
Advanced Airway CPR	Asynchronous CPR - Do continuous compressions at a rate of 100-120 compressions/min., while breaths are given one breath every 6 secs (10 breaths/min)		

Additional Information

1. Agonal Gasps are "Death Breaths" and considered not normal breathing. Check for a pulse and begin CPR (CAB).
2. Do not reassess unless advanced life support is on scene or victim shows signs of life.
3. Recoil - Take weight or pressure off the chest and allow chest to return to normal position.
4. Witnessed - Unresponsiveness was witnessed by the healthcare, NOT a family member or bystander.
5. Knowing your limitations - Team members should know their boundaries and ask for help for successful resuscitation.
6. Clear roles and responsibilities - Each team member should know their functions, positions and tasks.
7. Team based resuscitation is 2 rescuers alternating every 2 minutes to ensure high quality chest compressions.