

BLS for Healthcare Provider – STUDY GUIDE

	Adult (puberty - above)	Child (1 yr - puberty)	Infant (< 1 yr)
Determine response *	Tap and shout - look for normal or not normal breathing	Tap and shout - look for normal or not normal breathing	Flick feet - look for normal or not normal breathing
Activate EMS *	Immediately - Call for help/AED	Witnessed - Immediately - Call for help/AED Unwitnessed - perform 5 cycles of CPR first	Witnessed - Immediately - Call for help/AED Unwitnessed - perform 5 cycles of CPR first
Check Pulse (C) *	5-10 secs, no pulse begin CPR with compressions	5-10 secs, no pulse or pulse < 60 bpm w/poor perfusion, begin CPR with compressions	5-10 secs, no pulse or pulse < 60 bpm w/poor perfusion, begin CPR with compressions
Open Airway (A) *	Head tilt-chin lift- No trauma Modified jaw thrust- Trauma	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 breaths, look for chest rise	Give 2 puffs, look for chest rise
Ratio (compression to breathing)	30:2 (1 or 2 Rescuer)	30:2 (1 rescuer) or 15:2 (2 rescuer)	30:2 (1 rescuer) or 15:2 (2 rescuer)
Depth of Compression *	At least 2 inches	At Least 1/3 the depth of the chest (approx. 2 inches)	At least 1/3 the depth of the chest (approx. 1 1/2 inches)
Rate of Compressions *	100 compressions/min	100 Compressions/min	100 Compressions/min
AED / Defibrillation *	Use AED asap; resume compressions (CAB) immediately after each shock. 8 yrs and older, adult pad	Use AED asap; resume compressions (CAB) immediately after each shock. 1-8 yrs or < 55 lbs, pediatric pad	Use AED asap; resume compressions (CAB) immediately after each shock. < 1 yr, pediatric pad (manual defib preferred)
Rescue Breathing *	1 breath every 5 seconds	1 breath every 3 seconds	1 breath every 3 seconds
Advanced Airway CPR *	Asynchronous CPR - Do not stop compressions while breaths are given every 6-8 secs (8-10 breaths/min) .		

Additional Information

Agonal Gasps are "Death Breaths" and NOT considered normal breathing, check for a pulse and begin CPR (CAB).

Do not reassess unless, advanced life support is on scene or victim shows signs of life.

Recoil - Take weight or pressure off the chest and allow chest to return to normal position.

Witnessed - unresponsiveness was witnessed by the health care provider, NOT by a family member or bystander.