

Summary of BLS Procedures

Age Range	Adult Over 8 Years Old	Child 1-8 Years Old	Infant Under 1 Year Old
ASSESS			
Scene	If the scene is not safe or at anytime becomes unsafe, GET OUT!	If the scene is not safe or at anytime becomes unsafe, GET OUT!	If the scene is not safe or at anytime becomes unsafe, GET OUT!
Victim	Check for response. Victim unresponsive or not moving...	Check for response. Victim unresponsive or not moving...	Check for response. Victim unresponsive or not moving...
ALERT EMS or the Emergency Action Plan.	ALERT as soon as victim is found	Give about 5 cycles of CPR, then ALERT.	Give about 5 cycles of CPR, then ALERT.
ATTEND To the ABCDs			
Airway Open airway	Head-tilt, chin lift	Head-tilt, chin lift	Head-tilt, chin lift
Breathing Look, listen and feel for at least 5 seconds, but no more than 10.	Initial: 2 rescue breaths. Give each breath in 1 second. Make chest visibly rise.	Initial: 2 rescue breaths. Give each breath in 1 second. Make chest visibly rise.	Initial: 2 rescue breaths. Give each breath in 1 second. Make chest visibly rise.
Compressions			
Position	Center of chest, between nipples, 2 hands	Center of chest, between nipples, 1 or 2 hands	2 fingertips, just below nipple line
Method	Hard, fast, complete recoil, minimize interruption	Hard, fast, complete recoil, minimize interruption	Hard, fast, complete recoil, minimize interruption
Depth	1 ½ to 2 inches (4 to 5 cm)	About ½ - ⅔ depth of chest	About ½ - ⅔ depth of chest
Speed	About 100 x min.	About 100 x min.	About 100 x min.
Ratio	30:2	30:2	30:2
Defibrillation (AED)			
Operation	Expose chest, turn on AED. Select and attach ADULT pads. Follow voice prompts	Expose chest, turn on AED. Select and attach CHILD pads/system. Follow voice prompts	No recommendations
Type	Standard AED. Do NOT use child system.	Use child pads/system. If not available, use a standard AED	No recommendations

Adult CPR/AED

Skill Guide #2

Emergency Action Steps

Assess Scene. If the scene is not safe or at anytime becomes unsafe, GET OUT!

Assess Victim. Not moving? No response?

Alert. Shout for help. No help? Alert EMS or activate your emergency action plan. Get the AED and oxygen.

Attend to the ABCDs.



A = Airway. Open Airway

- Tilt Head – Lift Chin



B = Breathing

- Look, listen and feel for 5, but no more than 10 sec.
- If not breathing normally, give 2 breaths that make the chest visibly rise, but no more than that.



C = Compressions

- Give 30 chest compressions, 2 rescue breaths. Repeat.
 - Middle of the chest between nipples.
 - Push hard and fast (100x per min) 1 ½ to 2 inches deep.
 - Allow the chest to recoil completely. Minimize interruptions.
 - Continue 30:2 until an AED or EMS/advanced providers arrive or victim shows signs of life.



D = Defibrillation

- Expose the chest, turn on the AED. Select and attach the ADULT pads. Follow the AED voice prompts.
 - **SHOCK** advised: **CLEAR** and give 1 shock. Immediately resume chest compressions.
 - **NO SHOCK** advised: Immediately resume chest compressions.
 - 30:2 x 5 cycles. Check rhythm. Continue as directed by the AED