



BLS for Healthcare Providers Quick Reference

C-A-B (Not A-B-C)





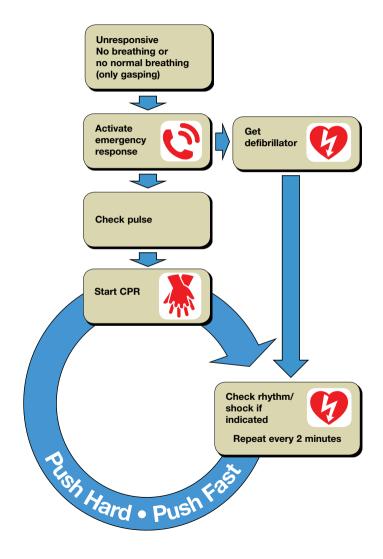


BLS for Healthcare Providers Critical Concepts

High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include

- Start compressions within 10 seconds of recognition of cardiac arrest.
- Push hard, push fast: Compress at a rate of at least 100/min with a depth of at least 2 inches (5 cm) for adults, approximately 2 inches (5 cm) for children, and approximately 1½ inches (4 cm) for infants.
- Allow complete chest recoil after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to <10 seconds).
- Give effective breaths that make the chest rise.
- Avoid excessive ventilation.

Simplified Adult BLS Algorithm for Healthcare Providers



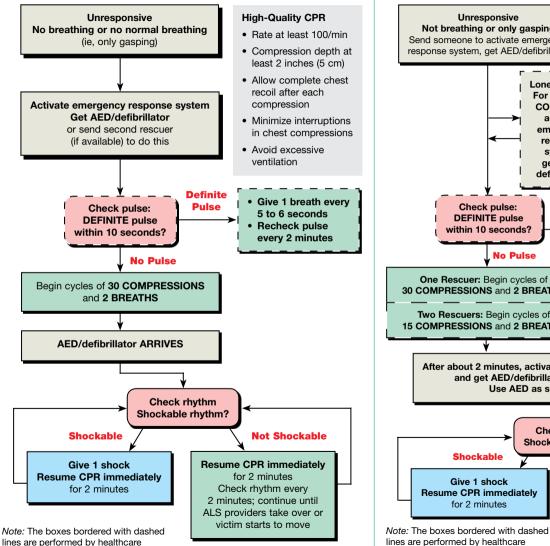
Adult BLS Algorithm for Healthcare Providers

providers and not by lay rescuers

Pediatric BLS Algorithm for Healthcare Providers

providers and not by lay rescuers

How to Become an AHA Instructor



High-Quality CPR Unresponsive Rate at least 100/min Not breathing or only gasping Compression Send someone to activate emergency depth to at least response system, get AED/defibrillator 1/3 anterior-posterior diameter of chest Lone Rescuer: about 11/2 inches (4 cm) in infants For SUDDEN and 2 inches (5 cm) COLLAPSE. in children activate Allow complete emergency chest recoil after each response compression system. Minimize interruptions get AED/ defibrillator in chest compressions Avoid excessive ventilation Check pulse: **Definite DEFINITE** pulse Pulse Give 1 breath every within 10 seconds? 3 seconds Add compressions No Pulse if pulse remains <60/min with One Rescuer: Begin cycles of poor perfusion despite 30 COMPRESSIONS and 2 BREATHS adequate oxygenation and ventilation Two Rescuers: Begin cycles of Recheck pulse every 15 COMPRESSIONS and 2 BREATHS 2 minutes After about 2 minutes, activate emergency response system and get AED/defibrillator (if not already done). Use AED as soon as available. Check rhythm Shockable rhythm? **Not Shockable Shockable** Resume CPR immediately Give 1 shock

for 2 minutes

Check rhythm every

2 minutes: continue until

ALS providers take over or

victim starts to move

Put your heart into training.

Learn from the leader.

Teach to save lives.

Are you interested in becoming an American Heart Association Instructor?

Consult an American Heart Association Training Center (TC) to find out whether the TC is accepting new instructors and what the TC's preferred course delivery method is. Then, becoming an instructor is as easy as 1-2-3:

- 1. Complete the Core Instructor Course.
- Complete a discipline-specific instructor course in BLS, Heartsaver, ACLS, or PALS.
- Get monitored by an American Heart Association TC or Instructor.







Renewal Schedule

I ______ (student name) took

my BLS HCP course on ______ (date)

at the SMR Training Solutions Training Site and am due

for a renewal course in _____ (month/year).