



BLS Training Centers | 2030 N Black Horse Pike, Williamstown, NJ, 08094 | 856.438.3105

Component	Adults (Puberty and Older)	Children (1 Year - Puberty)	Infants (Less than 1 Year)
Scene Safety	Ensure scene is safe for responders and bystanders		
Checking Responsiveness, Pulse and Breathing	<p>Begin compressions and start CPR: There is no response No breathing or is only gasping No definite pulse within 10 seconds</p> <p><i>*If breathing and a pulse, call 9-1-1. If a pulse is present, but no breathing or only gasping, proceed to rescue breathing.</i></p>		
Activate Emergency Response System	<p>Leave the patient and go get help, tell someone to go get help and an AED, or call 911 from a mobile device</p> <p><i>*Early application of AED and immediate compressions increase chances of survival</i></p>	<p>If collapse is witnessed: Leave the child/infant and go get help and an AED, following the same steps as adults.</p> <p>If collapse is unwitnessed: Perform five cycles of CPR, starting with compression, prior to getting help.</p>	
Compressions Ratio	One or Two Rescuers: 30:2	One Rescuer: 30:2 Two Rescuers: 15:2	
Compression Rate	100-120 compressions per minutes for victims all ages		
Compression Depth	At least 2inches or 5cm	Approximately $\frac{1}{3}$ the AP diameter of the chest, approx. 2inches or 5cm	Approximately $\frac{1}{3}$ the AP diameter of the chest, approx. 1.5inches or 4cm
Hand Placement	Two hands on bottom portion of the breastbone	One or two hands on bottom portion of the breastbone	<p>Method 1: Two fingers, center of the chest, below the nipple line</p> <p>Method 2: Two hands encircling the center of the chest, below the nipple line</p>
Providing Breaths during CPR - BVM or Pocket Mask	Provide two breaths, each over one second. Provide just enough breath to ensure chest rise.		
Providing Breaths during CPR - Advanced Airway	Provider one breath every 6 seconds, with continuous compressions. Provide just enough breath to ensure chest rise.		
Rescue Breathing	Provide one breath, every 6 seconds. Recheck pulse every two minutes or sooner	Provide one breath, every 3-3 second, or 20-30 per minute. Recheck pulse every two minutes or sooner	
Other Key Considerations	<p>Limit down time in compressions to less than 10 seconds Allow for chest recoil between compression; do not lean on the chest Switch compressors every two minutes or sooner when fatigued Avoid excessive ventilation, which can lead to gastric inflation and aspiration</p>		



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AED: Automated External Defibrillator

- Rapid defibrillation is important to restore an abnormal electrical activity or rhythm in the heart.
- One rescuer performs high quality compressions, while the other applies the AED.
- The first step in operation of the AED is to power on the device.
- Once the AED is on, follow the prompts from the AED and guides for proper pad placement.
- Be sure to clear the patient before analysis and/or shock.
- If the victim is submerged in water, they should be removed from the water and quickly dried. The AED can be applied over small puddles or snow.
- If the victim is hairy, you may need to shave the chest in order to get the pads to stick.
- For children and infants, use pediatric pads if available. If pads touch or overlap, or no pediatric pads are available, use adult pads, placing one on the center of the chest and one on the center of the back.
- After the shock is delivered (or no shock advised) resume CPR, starting with compressions.

Foreign Body Airway Obstruction/CHoking

- **Adults and Children:**
 - Make a fist with one hand, and place it directly over the naval (belly-button). Place your second hand, over top of the first hand. Provider abdominal thrusts in an upward motion.
 - If the victim is too large or pregnant, place your hands higher on the chest.
 - Perform abdominal thrusts until the food or object is dislodged, or the victim becomes unresponsive.
 - If the victim becomes unresponsive, lower the victim to the ground and begin CPR. While giving breaths, you may check the airway for the object, but do not perform a blind finger sweep.
- **Infants:**
 - Provider five back slaps, followed by chest thrusts. Be sure to support the infant's head.
 - Continue to perform back slaps and abdominal thrusts until the food or object is dislodged, or the victim becomes unresponsive.
 - If the victim becomes unresponsive, lower the victim to the ground and begin CPR. While giving breaths, you may check the airway for the object, but do not perform a blind finger sweep.