
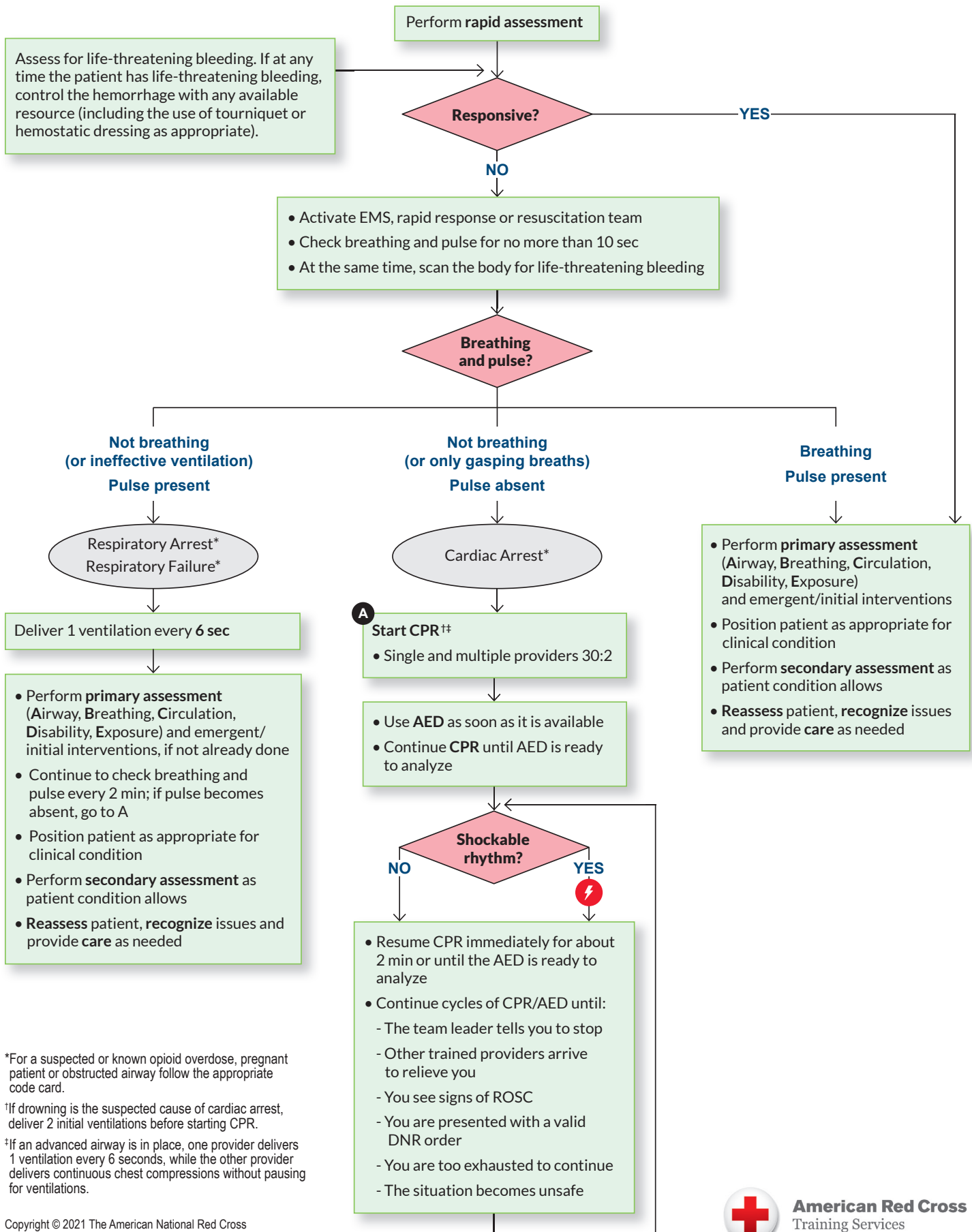


BASIC LIFE SUPPORT: ADULTS AND ADOLESCENTS

BLS - 2020 VERSION

 Shock





*For a suspected or known opioid overdose, pregnant patient or obstructed airway follow the appropriate code card.

†If drowning is the suspected cause of cardiac arrest, deliver 2 initial ventilations before starting CPR.

‡If an advanced airway is in place, one provider delivers 1 ventilation every 6 seconds, while the other provider delivers continuous chest compressions without pausing for ventilations.

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CPR Technique		
Compression-to-ventilation ratio: 30:2	 Compressions	<ul style="list-style-type: none">• Hand position: Centered on the lower half of the sternum• Depth: At least 2 inches (5 cm)• Rate: 100 to 120 per min• Full chest recoil: Compression and recoil times should be approximately equal
Switch CPR compressors <ul style="list-style-type: none">• Every 2 min• During rhythm check• If provider is fatigued	 Ventilations	<ul style="list-style-type: none">• Open airway to past-neutral position. Use modified jaw-thrust maneuver instead if you suspect head, neck or spinal injury.• Each ventilation should last about 1 sec and make the chest begin to rise; allow the air to exit before delivering next ventilation.• If an advanced airway is in place, one provider delivers 1 ventilation every 6 seconds, while the other provider delivers continuous chest compressions without pausing for ventilations.

