

THE ULTIMATE BLS FIELD GUIDE INFOGRAPHIC

911



Basic life support (BLS) skills can make the difference between life and death for a patient. A BLS field guide and summary sheet are essential for preparing responders for any resuscitation event.



BLS Core Components

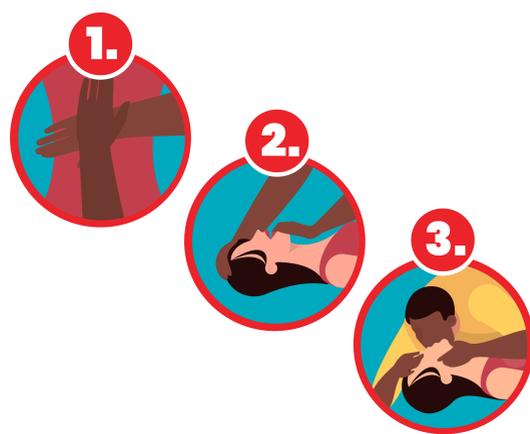
The two primary components of BLS are **cardiopulmonary resuscitation (CPR)** and automated external **defibrillator (AED)** use.



3 Steps of CPR

CPR involves a series of chest compressions and ventilation. To administer CPR, follow the **3 steps of CAB**:

1. Deliver **c**hest compressions, using quick, firm motions
2. Open the **a**irway by tilting the head and lifting the chin
3. Administer **b**reaths (mouth-to-mouth breathing)



Steps for AED Use

An AED is an effective and relatively simple device to use in the event of cardiac arrest. **To operate an AED, follow these steps:**





Activate the device immediately



Place pads on upper right and lower left sides of chest



Wait for the AED to analyze victim's heart rhythm



Follow prompts from device to shock or not to shock



Continue to monitor victim's heart rhythm



Follow additional prompts from the device

What does Cardiac Arrest Look Like?

Common signs of cardiac arrest include:

- Sudden loss of consciousness
- Gasping for air or not breathing at all
- No response to shaking or shouting
- No pulse detected within 10 seconds



Assessing the Situation and the Patient

When you encounter a person in need of assistance:



Confirm the scene is safe before approaching the victim. If it is not, call 911 from a safe location



Activate the emergency response system and/or call 911 to get help on the scene.



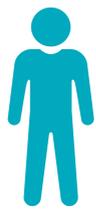
If another responder is present, send them to retrieve an AED if one is available.



Check whether the patient is breathing by looking for a rise and fall on the chest.



Check for a pulse at the carotid artery on the neck (adults and children) or the brachial artery on the upper arm (infants).



Adult BLS Algorithm

Breathing is normal and you detect a pulse:

- Monitor the victim until emergency responders arrive.



Breathing is absent or abnormal and you can detect a pulse within 10 seconds:

- Administer rescue breaths every 6 seconds or 10 breaths each minute
- Check pulse for no more than 10 seconds
- If opioid overdose is suspected, administer Naloxone as directed



Breathing is abnormal or absent and you cannot detect a pulse:

- Begin cycle of 30 compressions and 2 breaths
- Use AED as soon as possible, if one is available



AED advises shock:

- Give one shock and resume CPR
- Continue CPR for 2 minutes until AED prompts you to do a rhythm check



AED advises no shock:

- Resume CPR for 2 minutes
- Check AED to see if prompting has changed based on rhythm check



Pediatric BLS Algorithm

Breathing is normal and you detect a pulse:

- Monitor the victim until emergency responders arrive.



Breathing is absent or abnormal and you can detect a pulse within 10 seconds:

- Administer 1 rescue breath every 2-3 seconds or 20-30 breaths each minute
- Check pulse every 2 minutes and initiate CPR if no pulse is detected
- If heart rate remains less than 60 beats per minute with signs of poor perfusion, begin CPR
- If heart rate stabilizes, continue rescue breathing and checking pulse every 2 minutes
- If no pulse is detected within 10 seconds, begin CPR



Breathing is abnormal or absent and you cannot detect a pulse:

- Activate emergency response system and retrieve an AED if victim suddenly collapses
- Begin cycles of 30 compressions and 2 breaths
- Use AED as soon as possible, if one is available



AED advises shock:

- Give one shock and resume CPR
- Continue CPR for 2 minutes until AED prompts you to do a rhythm check



AED advises no shock:

- Resume CPR for 2 minutes
- Check AED to see if prompting has changed based on rhythm check



CPR Techniques

Specific CPR techniques will vary slightly, depending on whether your victim is an adult, child, or infant:



Adult CPR Specifics



- **Use 2 hands on the sternum**
- Compress at least 2 inches 
- 1 Responder: Perform cycles of 30 compressions and 2 ventilations
- 2 Responders: Perform cycles of 30 compressions and 2 ventilations
- 100-120 compressions per minute/30 compressions every 15-18 seconds



Child CPR Specifics



- **1-2 hands on sternum**
- Compress 1/3 of the chest depth 
- 1 Responder: Perform cycles of 30 compressions and 2 ventilations
- 2 Responders: Perform cycles of 15 compressions and 2 ventilations
- 100-120 compressions per minute/30 compressions every 15-18 seconds



Infant CPR Specifics



- **2 fingers on sternum** or use encircling method
- Compress 1/3 of the chest depth 
- 1 Responder: Perform cycles of 30 compressions and 2 ventilations
- 2 Responders: Perform cycles of 15 compressions and 2 ventilations
- 100-120 compressions per minute/30 compressions every 15-18 seconds



Neonate (Infants Up to 28 Days Old) CPR Specifics



- **2 fingers on sternum** or use encircling method
- Compress 1/3 of the chest depth 
- 1 Responder: Perform cycles of 3 compressions and 1 ventilations
- 2 Responders: Perform cycles of 3 compressions and 1 ventilations
- 100-120 compressions per minute/30 compressions every 15-18 seconds



BLS training and certification is essential to ensure you are prepared for potential emergencies. Certification is valid for 2 years. Refresher courses are necessary to maintain credentials.

Disclaimer:

Use of this information is for informational purposes only and should not be used as a substitute for professional medical advice or training.

