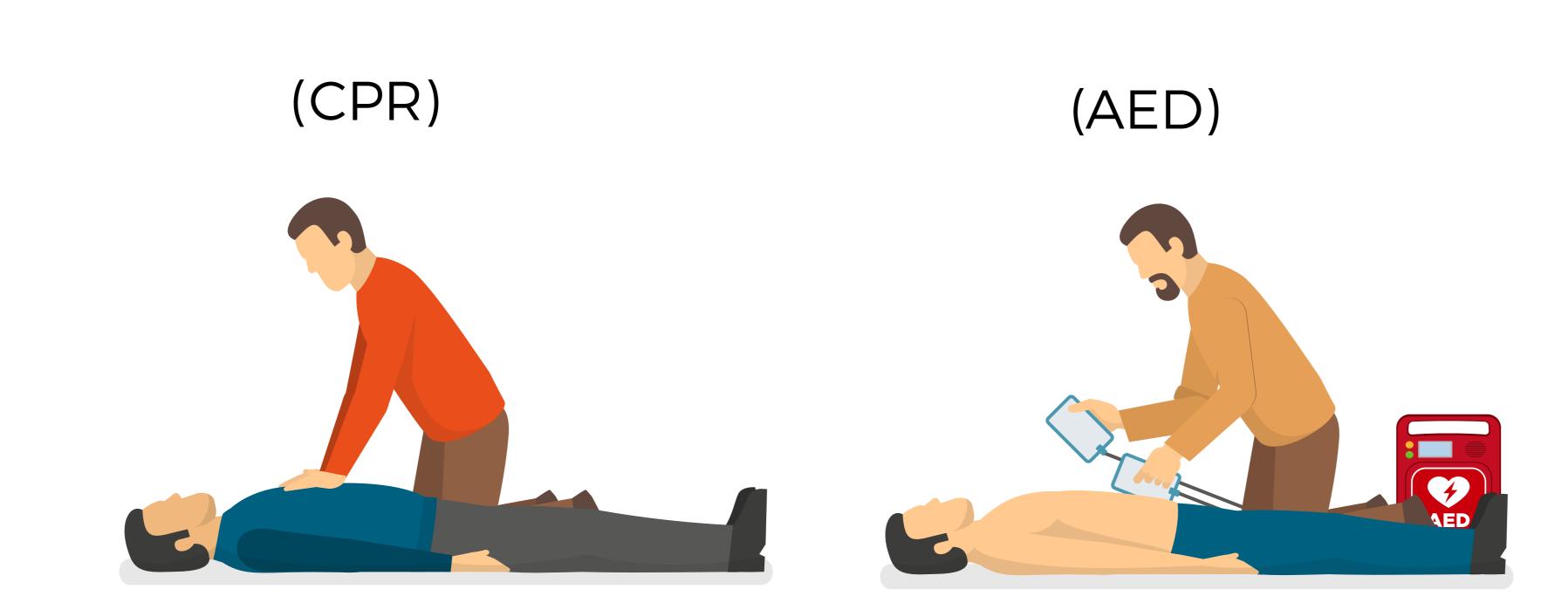
THEULTINATE 911 BLS FIELD GUIDE INFOGRAPHIC Basic life support (BLS) skills can make the difference between life and death for a patient. A BLS field guide and summary sheet are essential for preparing responders for any resuscitation event.

BLS Core Components

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

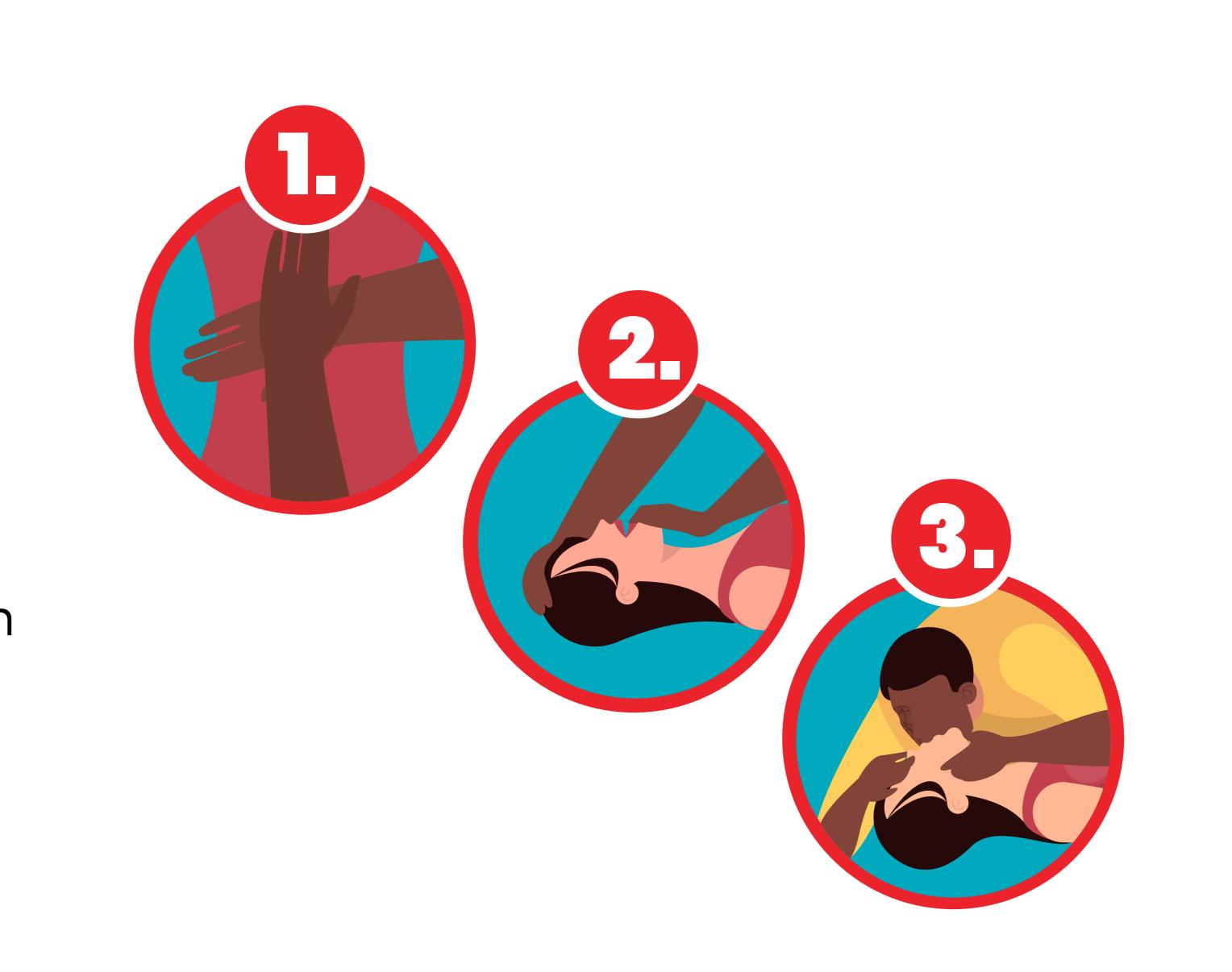


3 Steps of CPR

SureFire CPR

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

- . 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)

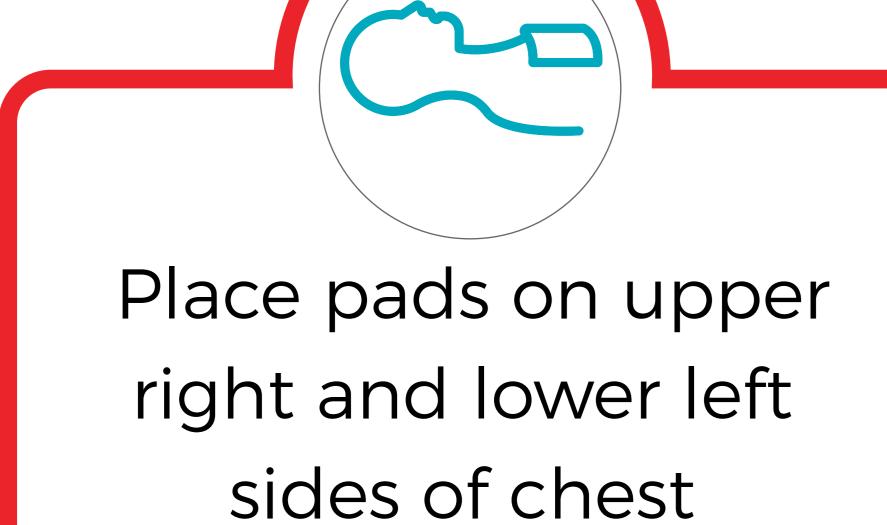


Steps for AED Use

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





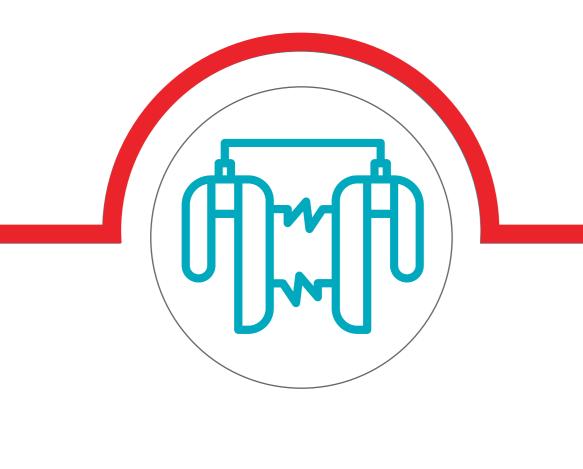




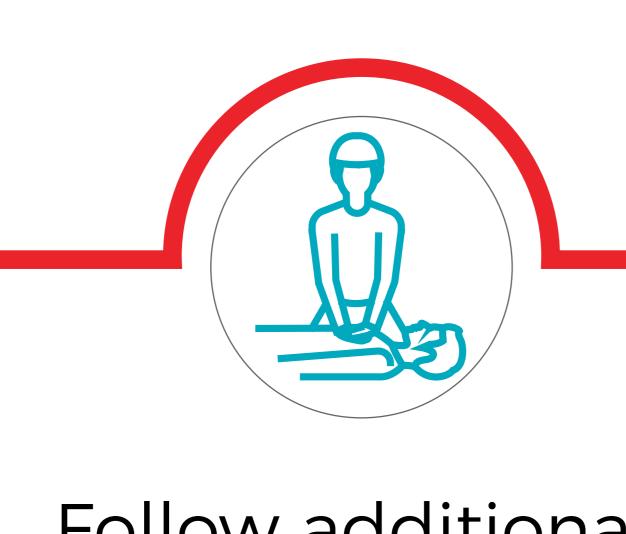
Wait for the AED to analyze victim's heart rhythm



Follow prompts from device to shock or not to shock



Continue to monitor victim's heart rhythm

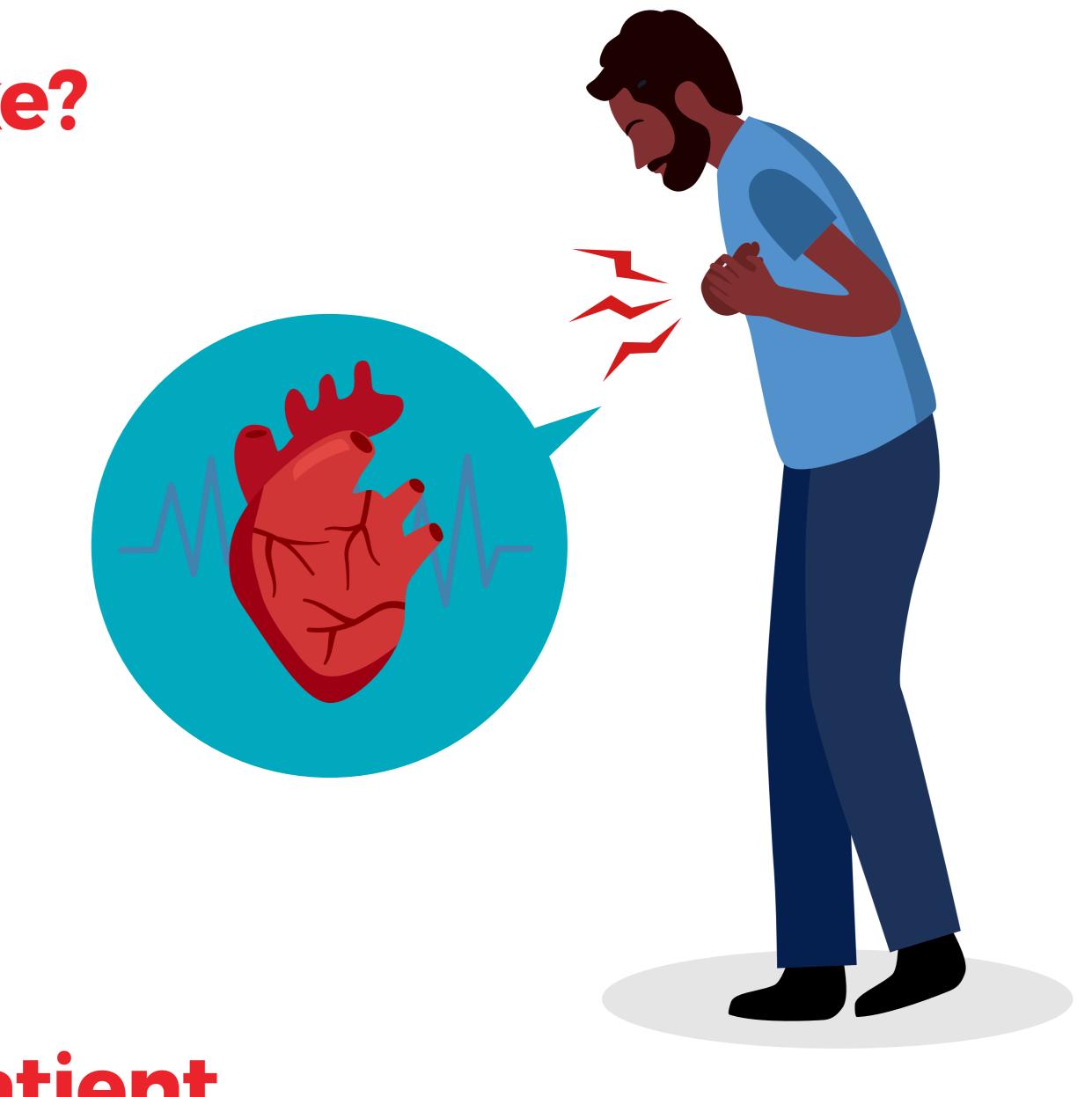


Follow additional prompts from the device

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 is is not, call 911 from a safe location

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



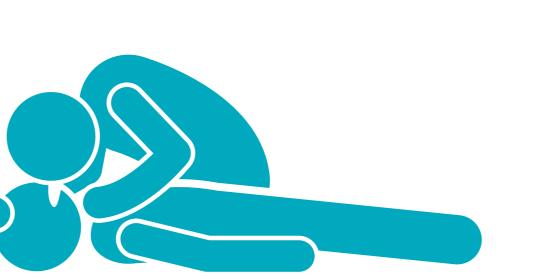
AED advises shock:

- 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:

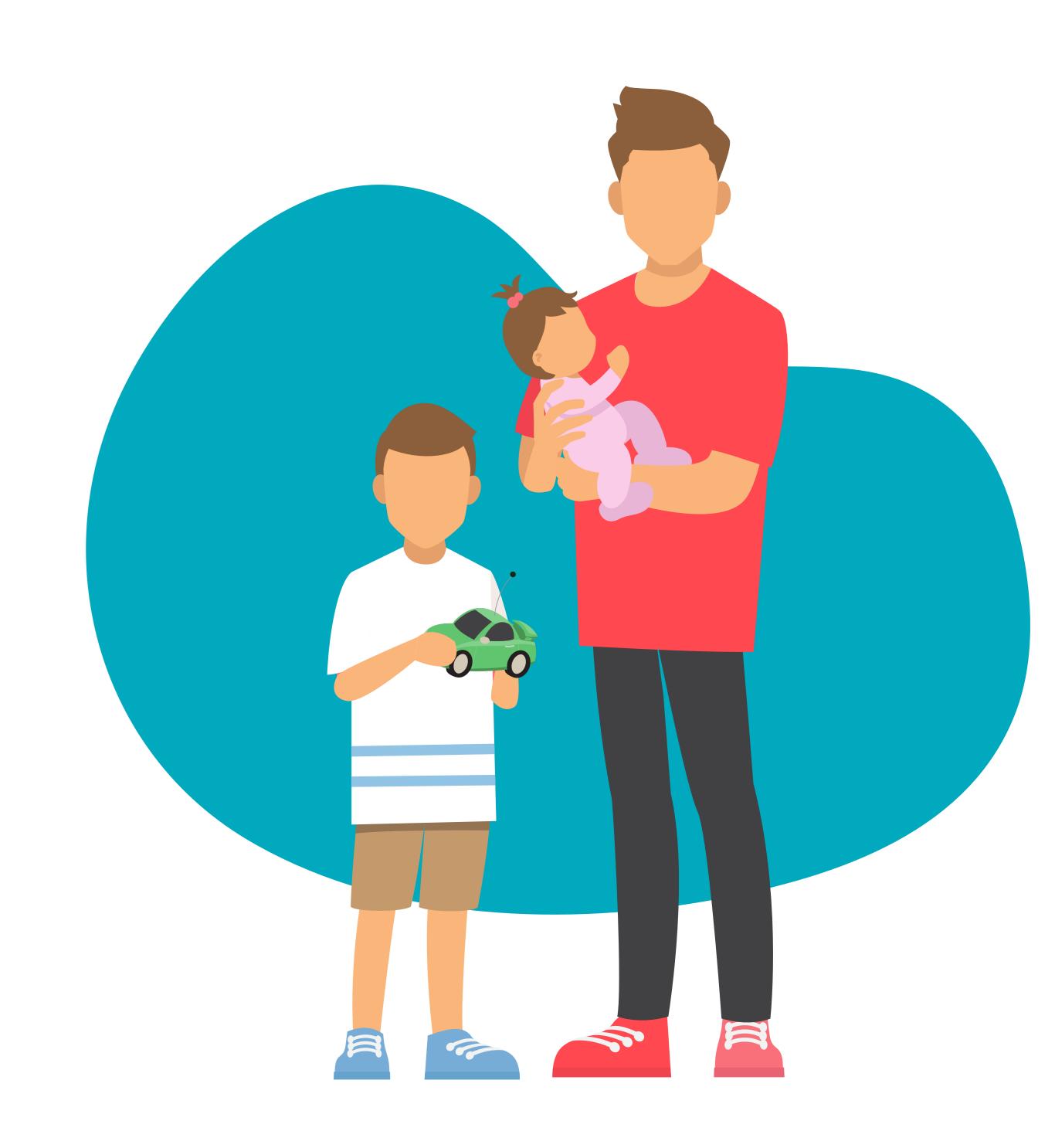
- Give one shock and resume CPR
- · Continue CPR for 2 minutes until AED prompts you to do a rhythm check



CPR Techniques

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

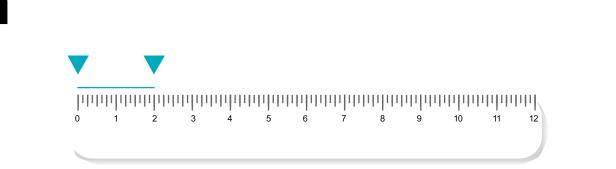




Adult CPR Specifics



- 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



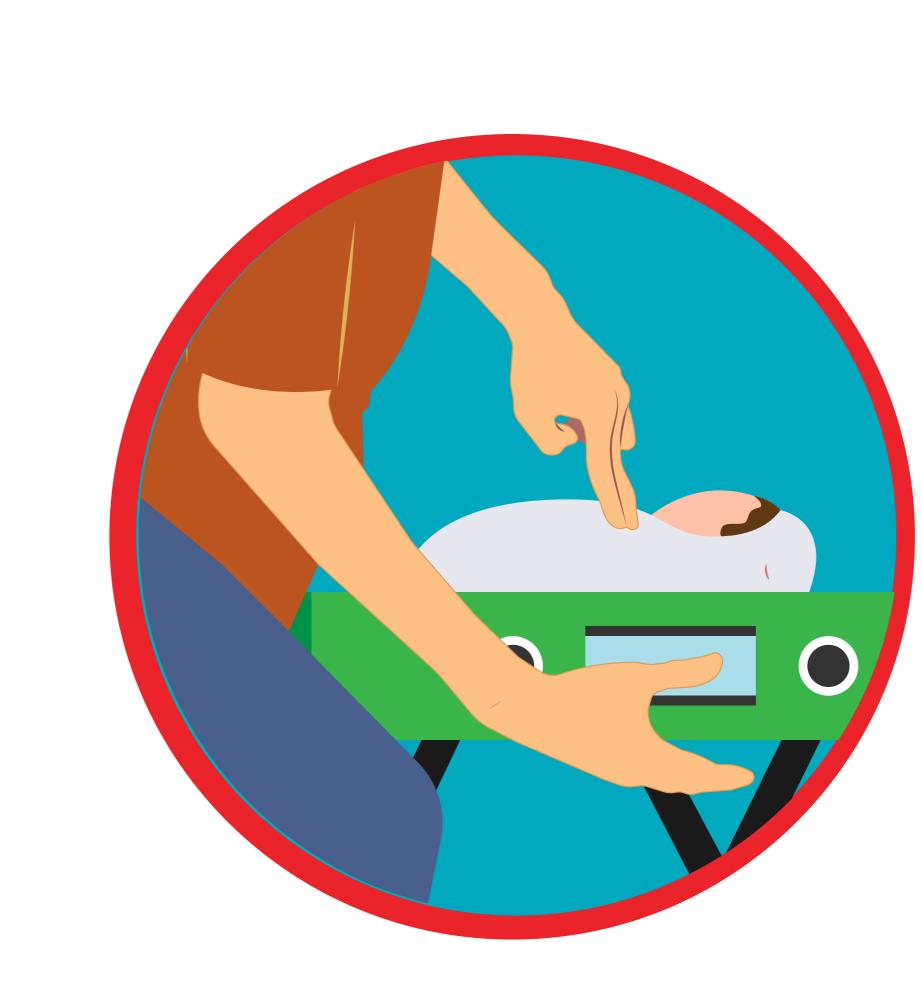
- 2 Responders: Perform cycles of 15 compressions and 2 ventilations
- 100-120 compressions per minute/30 compressions every 15-18 seconds

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.