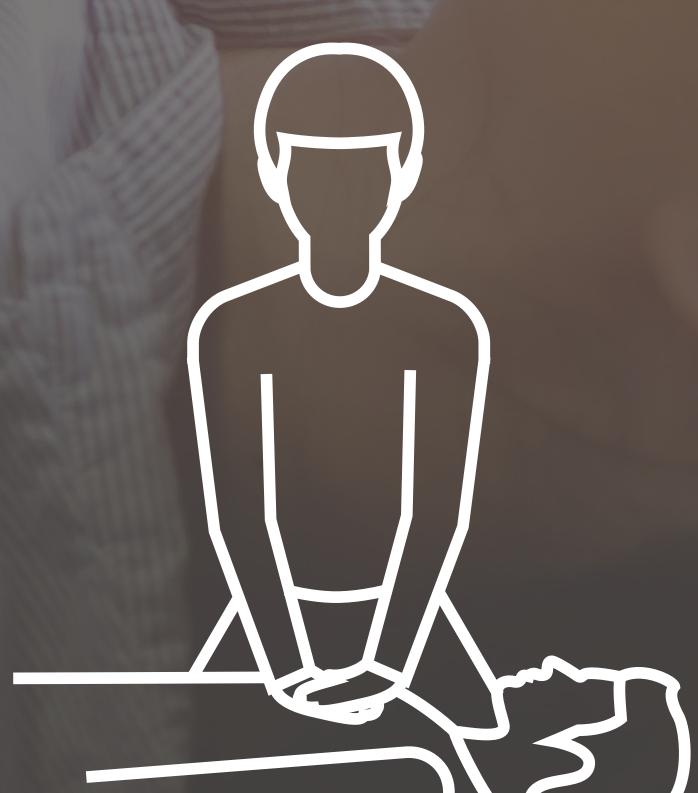


Are you getting ready for a BLS certification exam? SureFire CPR has created

This guide is based on the American Heart Association 2020 guidelines. Always check to make sure you are using the most up-to-date science, as the guidelines change roughly every 5 years!



C-A-B

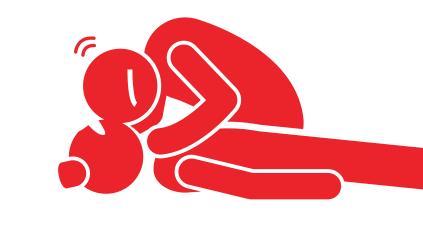
When you need to give CPR, remember C-A-B

this handy BLS summary sheet to help you study.



C: Chest Compression

Deliver chest compressions with hard and fast pressure to the victim's chest.



A: Airway

Open the airway by tilting the victim's head back and lifting their chin.



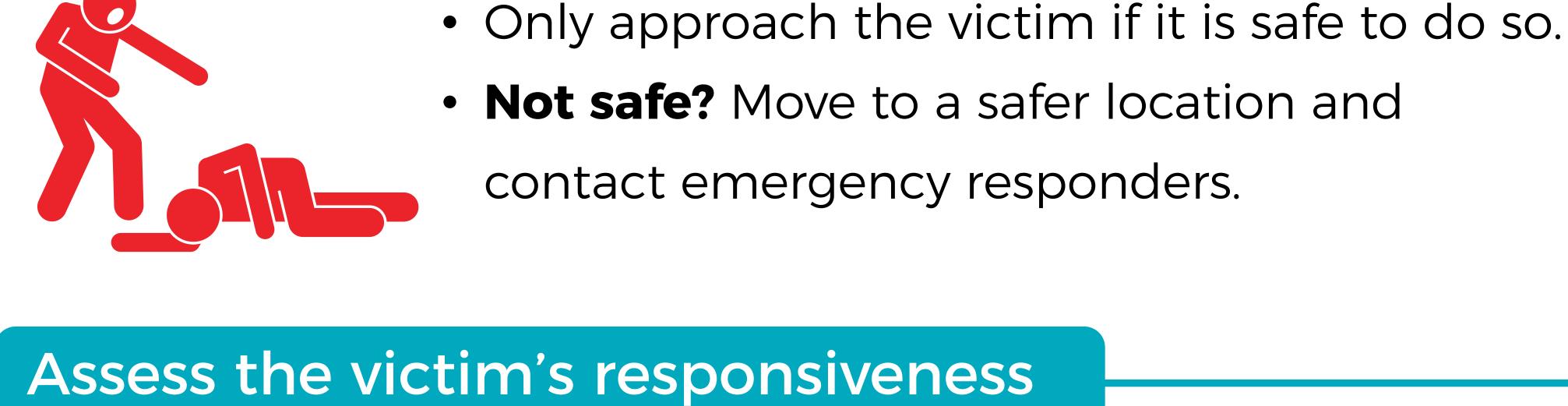
B: Breaths



Administer mouth-to-mouth breathing.

BLS: Basic Life Support

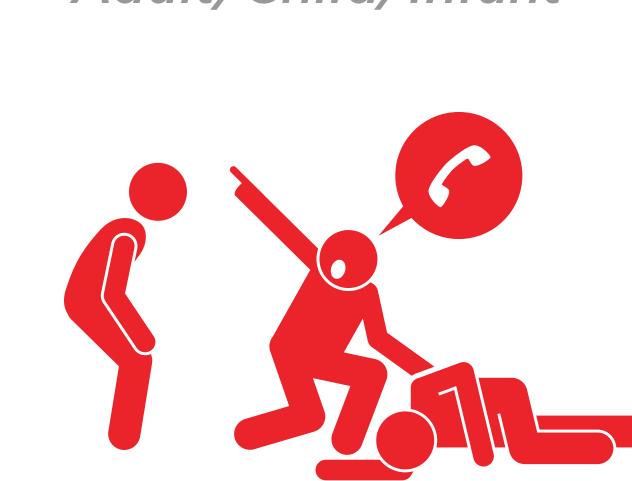
Confirm scene safety Adult/Child/Infant



- Not safe? Move to a safer location and contact emergency responders.

Assess the victim's responsiveness

Adult/Child/Infant



- Activate emergency response system and call 911 for help.
- If there is another bystander is present, instruct them to find an AED.

Check the patient's breathing and pulse

Be sure to check patient's breathing and pulse within 10 seconds.

Adult/Child



the carotid artery on the neck.

Search for a pulse at



Infant

 Search for a pulse at the brachial artery on the upper arm.

Administer rescue breathing

Rescue breathing should be administered if the patient has a definite pulse but is not breathing.

Adult



6 seconds or 10 breaths per minute. Check pulse every 2 mins.

• 1 breath every



Child/Infant

Assess pulse for no more than 10 seconds. Pulse under 60/minute with

• 1 breath every **2-3 seconds**.

poor perfusion despite rescue breathing: add compressions.

Administer CPR

CPR should be administered if the victim has no detectable pulse. Child/Infant Adult



- 30 compressions per 2 breaths.
- available.

Use AED when



compressions per 2 breaths. • 2+ rescuers present: **15** compressions per 2 breaths.

• 1 rescuer present: 30

Use AED when available.

Use AED immediately upon arrival.

AED use

Adult/Child/Infant



then resume CPR. Not shockable rhythm: resume

Follow AED instructions.

CPR for 2 mins.

Shockable rhythm: give 1 shock

Adult/Child/Infant



per minute

100-120 compressions

At least 2 inches deep.





about 2 inches.

Child

At least 1/3 the

depth of the chest,

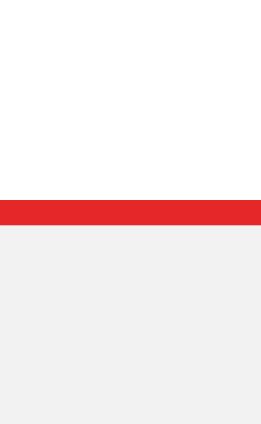


Infant



1/3 chest depth,

about 1.5 inches.



2. Allow the chest to completely recoil after each compression.

High-Quality CPR

3. Minimize interruptions between compressions. Try to keep any interruptions under 10 seconds.

1. Once you recognize cardiac arrest, start chest compressions within 10 seconds.

5. Ensure that the chest is rising with rescue breaths for effective breath support. 6. Prevent excessive ventilation.

4. Deliver fast, hard chest compressions at the appropriate rate and depth.

Get BLS Certified with SureFire CPR Ready to get BLS certified? Sign up for a BLS training course with SureFire CPR. With a wide variety of class times available at our locactions across Southern

California, getting certified at SureFire CPR is incredibly convenient. Prefer to learn online? We offer hybrid BLS classes that are taken online. Just pop by our office for a brief in-person skills assessment. If you have any questions, contact us via our contact form or call us at (888) 277-3143.

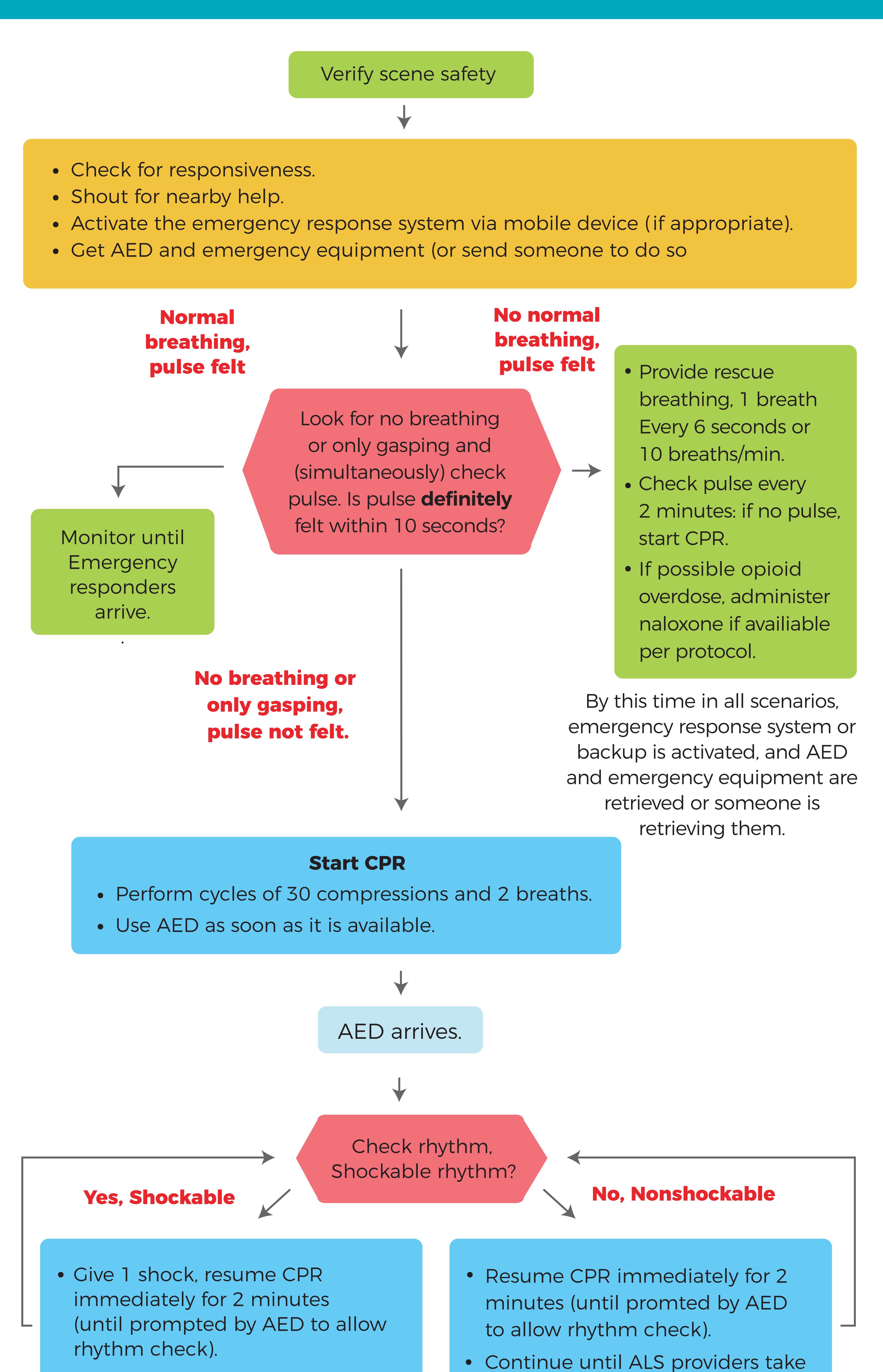


@surefirecpr



@SureFireCPR

Adult BLS Algorithm for Healthcare Providers

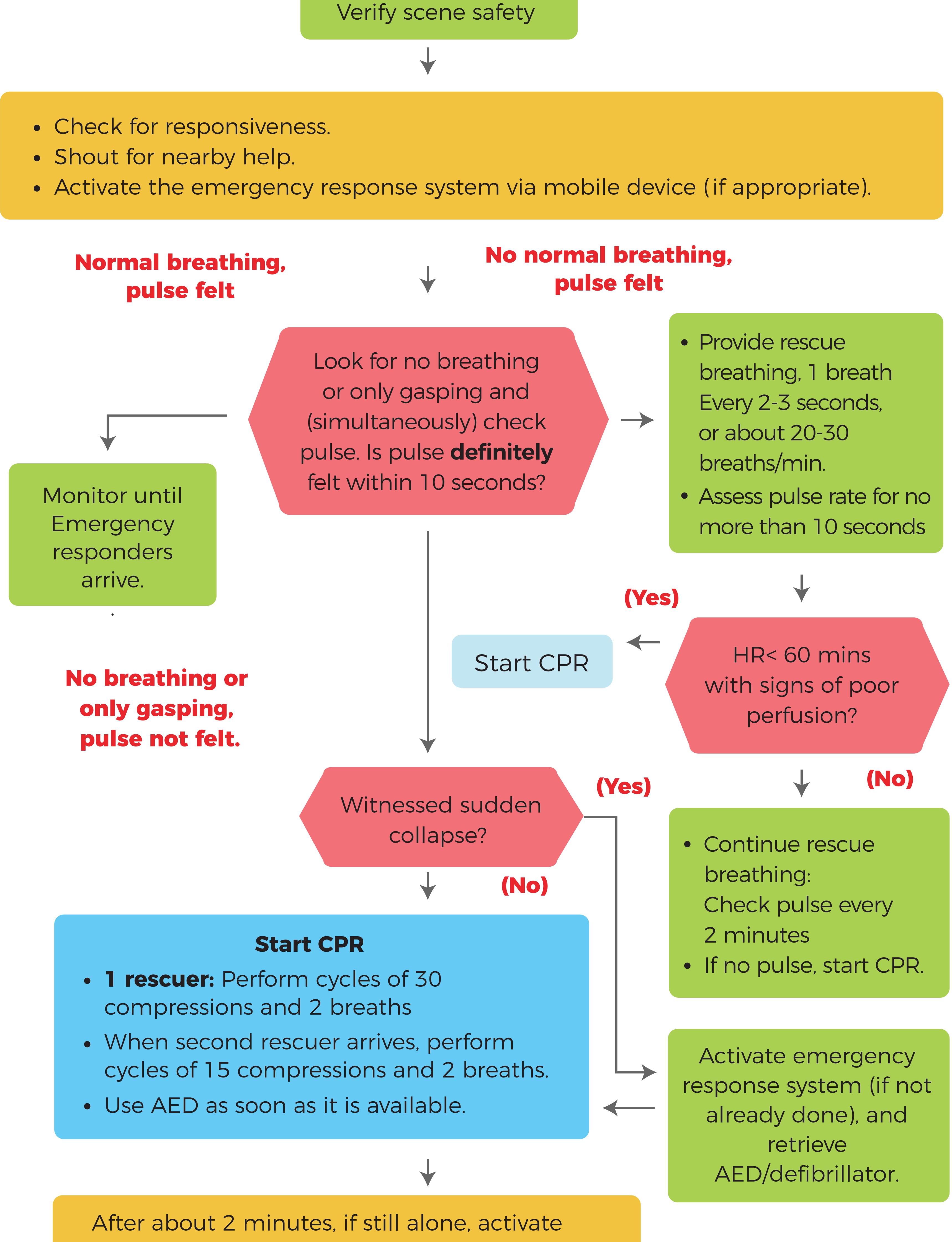


Pediatric BLS Algorithm For Healthcare Providers: Single Rescuer

over or the victim starts to move.

Continue until ALS providers take

over or the victim starts to move.

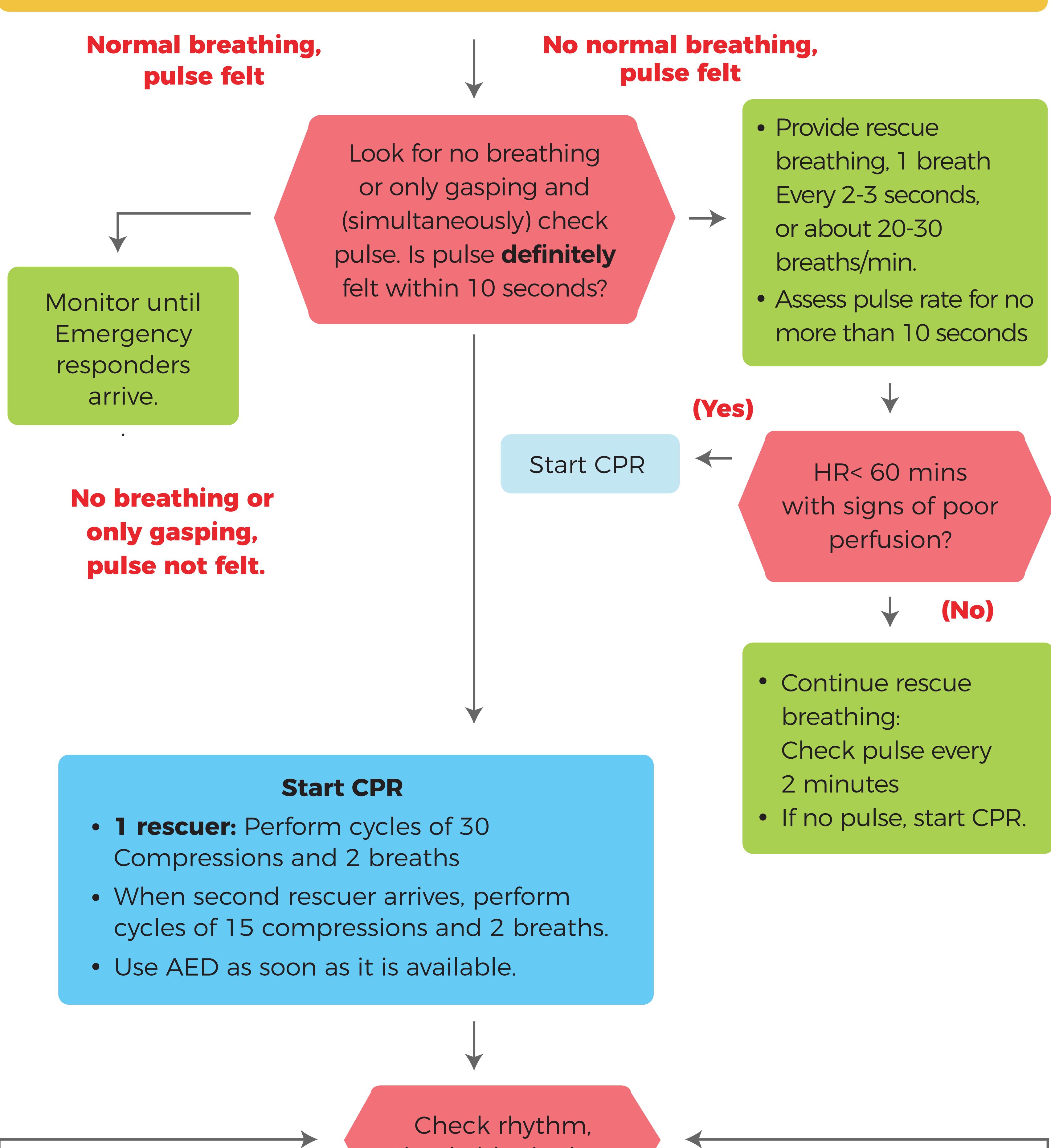


emergency response system and retrieve AED (if not already done). Check rhythm, Shockable rhythm? Yes, Shockable No, Nonshockable Give 1 shock, resume CPR Resume CPR immediately for 2 immediately for 2 minutes minutes (until promted by AED (until prompted by AED to allow to allow rhythm check). rhythm check). Continue until ALS providers take Cantinue until ALS providers take over or the child starts to move. over or the child starts to move.

Pediatric BLS Algorithm for Healthcare Providers: 2 or More Rescuers

Verify scene safety

- Check for responsiveness.
- Shout for nearby help.
- First rescuer remains with the child. Second rescuer activates emergency response system and retrieves the AED and emergency equipment.



Yes, Shockable

Shockable rhythm?

No, Nonshockable

- Give 1 shock, resume CPR immediately for 2 minutes (until prompted by AED to allow rhythm check).
- Continue until ALS providers take over or the child starts to move.
- Resume CPR immediately for 2 minutes (until promted by AED to allow rhythm check).
- Continue until ALS providers take over or the child starts to move.