

BLS Healthcare Provider CPR Summary

Component	Adults & Adolescents	Children (Age 1 Year to Puberty)	Infants (Age less than 1 year)
BSI (Body Substance Isolation) & Scene Safety	Make sure the environment is safe for rescuers and the victim.		
Recognition of cardiac arrest	Check for responsiveness No breathing or only gasping (ie. No normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activation of the emergency response system	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR. Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available.	Witnessed Collapse Follow steps for Adults and Adolescents on the left.	
		Unwitnessed Collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED. Return to the child or infant and resume CPR; use the AED as soon as it is available.	
Compression-ventilation ratio without advanced airway	1 or 2 Rescuers 30 compressions: 2 ventilations	1 Rescuer 30 compressions: 2 ventilations	
		2 or more Rescuers 15 compressions: 2 ventilations	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min. Give 1 breath every 6 seconds (10 breaths/min.)		
Compression rate	100-120/min.		
Compression depth	At least 2 inches (5 cm). No more than 2.4 inches (6 cm)	At least one third the anteroposterior diameter of the chest, about 2 inches (5 cm)	At least one third the anteroposterior diameter of the chest, about 1.5 inches (4 cm)
Hand Placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small children) on the lower half of the breastbone (sternum).	1 Rescuer 2 fingers in the center of the chest, just below the nipple line.
			2 or more Rescuers 2 thumbs- encircling hands in the center of the chest, just below the nipple line.
Chest Recoil	Allow full recoil of the chest after each compression; do not lean on the chest after each compression.		
Minimizing Interruptions	Limit interruptions in chest compressions to less than 10 seconds.		



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DO YOU KNOW WHAT TO DO WHEN SOMEONE

SUDDENLY COLLAPSES???

Do you know what sudden cardiac arrest (SCA) is?

What it's NOT

SCA is NOT a heart attack — it's worse. A heart attack occurs when blood supply to the heart muscle is blocked, but the heart keeps beating.



What it IS

SCA occurs when the heart's electrical system goes haywire (ventricular fibrillation) and stops blood flow from the heart.

VENTRICULAR FIBRILLATION

The Facts



SCA strikes suddenly (hence the name).

Anyone, anywhere, anytime — even if they appear healthy.



Less than **10%** survive.

80% of all SCAs happen at home.



60% of all SCAs are witnessed.



Compression-Only CPR is CPR without mouth-to-mouth breaths.

2 or 3x Compression-Only CPR can double or even triple a victim's chance of survival.

How do I help?

If you see someone suddenly collapse, **call 9-1-1** and then **push hard and fast** in the center of the chest. Giving good chest compressions is tiring. When others can help, switch chest compressors about every 2 minutes until EMS personnel take over.



If an automated external defibrillator (AED) becomes available, turn it on immediately and **follow the voice instructions**. CPR and Defibrillation before EMS arrives will **help save lives**.



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Compression-only CPR



Assess Person

- If you see someone suddenly collapse and it is safe to do so, tap or squeeze shoulder. Ask loudly, "Are you okay?"

If no response:

- Have someone call 911 or, if alone, call 911 yourself.
- Look quickly at face and chest for normal breathing. Occasional gasps are NOT considered normal.

If normal breathing absent:



Give Continuous, Uninterrupted Chest Compressions

- Place heel of one hand on center of chest. Place heel of second hand on top of first.
- Using upper body weight, PUSH HARD, at least 2 inches.
- PUSH FAST, at least 100 times per minute. Allow chest to fully rebound.



Continue Compressions

- Continue to provide chest compressions.
- Giving good chest compressions is tiring. When others can help, switch chest compressors about every 2 minutes.



If an AED Becomes Available...

- Turn it on immediately and follow the AED's voice instructions.
- Don't stop! Continue until another provider or EMS personnel takes over, the person clearly shows signs of life, or you are too tired.

Note: According to the latest Guidelines for CPR and ECC, resuscitation outcomes in infants and children are best if chest compressions are combined with rescue breaths. However, if a provider is not trained in providing rescue breaths (ventilations), or is unable to do so, the rescuer should provide continuous, uninterrupted chest compressions until help arrives.



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