

SJHS STUDY GUIDE FOR AMERICAN HEART ASSOCIATION BLS

Adult BLS

Check Responsiveness – Unresponsive call 911 and AED ***Always call 911 immediately for adult victims regardless of arrest situation (witnessed or non-witnessed)
Airway: Head tilt, chin lift or modified jaw thrust for patients with suspected neck injury
Breathing: Assess breathing for 5-10 seconds. When assessing a victim’s breathing you should always LOOK for rise and fall of the chest, LISTEN for airflow from the victim’s nose or mouth and FEEL for airflow from the victim’s nose or mouth.
Provide 2 Rescue Breaths (one second in and one second out) if patient is not breathing.
Check Carotid Pulse (Adult)
Provide Chest compressions if necessary
RATE =100 compressions/ minute RATIO= 30:2 (30 compressions and 2 ventilations)

Key Points:

- It is critical that the chest is allowed to return to its normal position after each compression.
- Adequate breathing volume is best determined by rise and fall of chest
- EARLY defibrillation is critical to improve survivability

AED POINTERS: Turn on the AED, apply the pads to patients bare chest, clear the victim to allow the machine to analyze the rhythm, clear prior to delivering the shock to if needed. If no shock indicated resume CPR. NEVER use pediatric pads on an adult patient.

If an adult or infant victim becomes unresponsive while attempting to clear an obstructed airway (choking), then initiate CPR

Child/Infant BLS

Check Responsiveness - If you are alone and find an unresponsive infant/child start CPR and perform 5 cycles of 30:2 or 2 minutes of CPR prior to calling 911. If you are alone and witness an infant/child collapse, call 911 immediately.
Airway: Head tilt, chin lift or modified jaw thrust for patients with suspected neck injury
Breathing: Assess breathing for 5-10 seconds. When checking a victim’s breathing, you should always LOOK for rise and fall of the chest, LISTEN for airflow from the victim’s nose or mouth, and FEEL for airflow from the victim’s nose or mouth.
Provide 2 Rescue Breaths (one second in and one second out) if patient is not breathing.
Check Brachial Pulse in upper arm (Infant/Child) for 5-10 seconds
Provide Chest compressions if necessary
RATE =100 compressions/ minute RATIO= 30:2 (30 compressions and 2 ventilations) If there is a second rescuer for infant CPR, change hand position to both thumbs and RATIO changes to 15:2.