

# BLS for Healthcare Professionals

## CABs of CPR

| CPR  | ADULT & OLDER CHILD<br>(puberty and older)   | CHILD<br>(1 year to signs of puberty)  | INFANT<br>(up to 1 year old)   |
|--|--|--|--|
| <b>Verify Scene Safety</b>   | Do not enter an unsafe environment. Call 9-1-1   |  |  |
| <b>Check victim's responsiveness</b>   | If victim is unresponsive, shout for help.<br>Call 9-1-1 with mobile device, if available.<br>Send someone to find an AED.   |  |  |
| <b>Activate 9-1-1</b>  | If you are alone and do not have a mobile device, leave the victim to call 9-1-1 first, then look for an AED. Return to perform CPR.   | If you are alone and <b>WITNESS THE COLLAPSE</b><br>Leave the victim to call 9-1-1 first, and look for an AED. Return to perform CPR.                  |  |
| <b>Determine if victim is breathing &amp; has a pulse</b>                                  | Simultaneously check for breathing & pulse for no more than 10 seconds.<br>NOTE: agonal breaths are not considered signs of breathing<br>For children and infants, a pulse rate of less than 60 beats / minute is treated as no pulse. |  |  |
|  | Check carotid artery on your side of the victim's the neck.  | Check brachial artery on inside of the victim's upper arm near the armpit.   |  |
| <b>Rescue Breathing</b><br>If victim has a DEFINITE detectable pulse, but is not breathing | 1 breath every 5-6 seconds<br>Check pulse every 2 minutes.   | 1 breath every 3-5 seconds<br>Check pulse again every 2 minutes<br>If pulse less than 60 beats per minute, or perfusion remains poor, add compressions |  |
|  | For suspected opioid overdose, administer naloxone, if available   |  |  |
| If victim has NO detectable pulse:<br><b>Begin CPR</b><br>Minimize interruptions           | <b>1 rescuer:</b><br>30 compressions : 2 breaths<br><b>2+ rescuers:</b><br>30 compressions : 2 breaths<br>Use AED as soon as it arrives  | <b>1 rescuer:</b><br>30 compressions : 2 breaths<br><b>2+ rescuers:</b><br>15 compressions : 2 breaths<br>Use the AED as soon as it arrives            |  |
| <b>Compression rate</b>  | 100 - 120 compressions per minute  |  |  |
| <b>Hand placement</b>  | 2 hands on lower half of breastbone  | 1 hand or 2 hands on lower half of breastbone  | 1 rescuer: 2 fingers<br>2+ rescuers: 2 thumbs on center of chest, just below nipple line |
| <b>Compression depth</b>   | 2 to 2.4 inches (5-6 cm)   | 1/3 the depth of the chest - about 2 inches (5 cm)   | 1/3 the depth of the chest - about 1.5 inches (4 cm)                                     |
| <b>Chest recoil</b>  | Allow for full chest recoil after each compression   |  |  |
| <b>Minimize interruptions</b>  | Limit interruptions in chest compressions to no more than 10 seconds   |  |  |
| <b>Use the AED as soon as it arrives</b>   | Turn on AED and follow instructions. Never remove the AED.   |  |  |

# Aha Bls Quick Reference Guide

**Anthony S. Fauci**



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