

2006 BLS - HEALTHCARE PROVIDER

	<u>INFANT</u> <1 year	<u>CHILD</u> 1yr - PUBERTY	<u>ADULT</u> PUBERTY AND OLDER
Activate EMS	After 5-10 cycles of CPR <u>1 PERSON: FOR SUDDEN COLLAPSE CALL 911</u>	After 5-10 cycles of CPR <u>1 PERSON: FOR SUDDEN COLLAPSE CALL 911</u>	As soon as victim is found – if <u>ASPHYXIAL ARREST</u> do 5 cycles of CPR first
Initial Breath	2 breaths at 1 second/breath	2 breaths at 1 second/breath	2 breaths at 1 second/breath
Rescue Breathing – (not advanced airway techniques)	1 every 3-5 seconds 12-20/min check pulse q 2 mins	1 every 3-5 seconds 12-20/min check pulse q 2 mins	1 every 5-6 seconds 10-12/min check pulse q 2 mins
Compression/Breath Ratio	PULSELESS OR HR < 60 30:2 = 1 PERSON (5 cycles) 15:2 = 2 PERSON (10 cycles)	PULSELESS OR HR < 60 30:2 = 1 PERSON (5 cycles) 15:2 = 2 PERSON (10 cycles)	1 or 2 PERSON RESCUERS 30:2
Compression Depth	1/3-1/2 chest depth just below nipple line <u>1 PERSON</u> = 2 fingers <u>2 PERSON</u> = 2 thumbs encircling the chest ALLOW RECOIL	1/3-1/2 chest depth between the nipples 1 or 2 hands ALLOW RECOIL	1 ½ to 2 inches between the nipples 2 hands ALLOW RECOIL
Rescue Breathing (<u>ADVANCED</u> airway techniques)	1 every 6-8 seconds 8-10/MIN	1 every 6-8 seconds 8-10/MIN	1 every 6-8 seconds 8-10/MIN
Compression Rate W/ <u>ADVANCED AIRWAY</u>	100/MIN PUSH HARD/FAST	100/MIN PUSH HARD/FAST	100/MIN PUSH HARD/FAST
Conscious choking – Severe Obstruction ACTIVATE EMS	<u>5 back slaps</u> – between shoulder blades <u>5 chest thrusts</u> – 2 fingers just below nipple line	Leave alone if making noise – If silent --- Abdominal thrusts until clear or unconscious	Leave alone if making noise – If silent -- Abdominal thrusts until clear or unconscious
Unconscious choking	Open Airway Remove object if seen BEGIN CPR Each open airway look inside ACTIVATE EMS after 5 cycles	Open Airway Remove object if seen BEGIN CPR Each open airway look inside ACTIVATE EMS after 5 cycles	ACTIVATE EMS Open Airway Remove object if seen BEGIN CPR Each open airway look inside

BLS FOR HEALTHCARE PROVIDERS:

1 and 2 RESCUER ADULT SEQUENCE:

Step	Action
1	Assess scene safety
2	Assess the victim for response. If no response, shout for help
3	If you are alone, activate EMS and get AED if available
4	Open the victim's airway (Head-tilt/chin-lift) and check breathing (take 5-10 seconds)
5	If no adequate breathing, give 2 breaths – deliver each breath over 1 second
6	Check the victim's pulse (take 5-10 seconds) – IF UNSURE ABOUT PRESENCE OF PULSE - START CPR
7	If no pulse, perform 5 cycles of 30:2 compressions/ventilation (rate of 100/min) PUSH HARD AND FAST, RELEASE COMPLETELY <u>MINIMIZE THE NUMBER AND LENGTH OF INTERRUPTIONS OF COMPRESSIONS</u>
8	AED or Defibrillator arrives – check for shockable rhythm
9	If NOT SHOCKABLE CONTINUE CPR FOR 5 CYCLES (2 mins) AND CHECK RHYTHM
10	If shockable – GIVE 1 SHOCK – then RESUME CPR IMMEDIATELY

ADULT CONSCIOUS CHOKING:

<u>MILD</u> DO NOT INTERFERE If persists – CALL 911	Good air exchange, responsive and can cough forcefully, may wheeze
<u>SEVERE</u> <u>ACTIVATE EMS</u> <u>INTERVENE</u>	Poor or no air exchange, weak ineffective cough, no cough at all, high pitched inhaling noises, NO noise at all, cyanosis, increased respiratory distress, unable to speak or move air, universal choking sign
1	Stand or kneel behind or beside (if lying down) victim and wrap arms around waist – <u>IF OBESE OR PREGNANT – USE CHEST THRUSTS INSTEAD OF ABDOMINAL THRUSTS</u>
2	Make fist with 1 hand and place thumb side against abdomen
3	Grasp fist with other hand and pull upward quickly
4	Repeat until object is expelled or victim becomes unresponsive
5	Give each thrust a distinct, individual movement to relieve the obstruction

ADULT UNCONSCIOUS CHOKING:

Became unresponsive	Look for and remove object, <u>ACTIVATE EMS</u> , BEGIN CPR
Found unresponsive	<u>ACTIVATE EMS</u> , open airway, remove visible object, BEGIN CPR

LOOK FOR OBJECT EACH TIME GOING TO OPEN AIRWAY TO GIVE 2 BREATHS

BLS FOR HEALTHCARE PROVIDERS:

1 and 2 RESCUER CHILD SEQUENCE:

Step	Action
1	Assess scene safety
2	Assess the victim for response. If no response, shout for help
3	If you are alone, activate EMS and get AED if available
4	Open the victim's airway (Head-tilt/chin-lift) and check breathing (take 5-10 seconds)
5	If no adequate breathing, give 2 breaths – deliver each breath over 1 second
6	Check the victim's pulse (take 5-10 seconds) – IF UNSURE ABOUT PRESENCE OF PULSE - START CPR
7	If no pulse, perform 5 cycles of 30:2 compressions/ventilation (rate of 100/min)
1 PERSON	PUSH HARD AND FAST, RELEASE COMPLETELY <u>MINIMIZE THE NUMBER AND LENGTH OF INTERRUPTIONS OF COMPRESSIONS</u>
8	If no pulse, perform 10 cycles of 15:2 compressions/ventilation (rate of 100/min)
2 PERSON	PUSH HARD AND FAST, RELEASE COMPLETELY <u>MINIMIZE THE NUMBER AND LENGTH OF INTERRUPTIONS OF COMPRESSIONS</u>
9	AED or Defibrillator arrives – check for shockable rhythm
10	If NOT SHOCKABLE CONTINUE CPR FOR 5 CYCLES (2 mins) AND CHECK RHYTHM
11	If shockable – GIVE 1 SHOCK – then RESUME CPR IMMEDIATELY

CHILD CONSCIOUS CHOKING:

<u>MILD</u> DO NOT INTERFERE If persists – CALL 911	Good air exchange, responsive and can cough forcefully, may wheeze
<u>SEVERE</u> ACTIVATE EMS INTERVENE	Poor or no air exchange, weak ineffective cough, no cough at all, high pitched inhaling noises, NO noise at all, cyanosis, increased respiratory distress, unable to speak or move air, universal choking sign
1	Stand or kneel behind or beside (if lying down) victim and wrap arms around waist – <u>IF OBESE OR PREGNANT – USE CHEST THRUSTS INSTEAD OF ABDOMINAL THRUSTS</u>
2	Make fist with 1 hand and place thumb side against abdomen
3	Grasp fist with other hand and pull upward quickly
4	Repeat until object is expelled or victim becomes unresponsive
5	Give each thrust a distinct, individual movement to relieve the obstruction

CHILD UNCONSCIOUS CHOKING:

<u>Became unresponsive</u>	Look for and remove object, <u>ACTIVATE EMS</u> , BEGIN CPR
<u>Found unresponsive</u>	<u>ACTIVATE EMS</u> , open airway, remove visible object, BEGIN CPR

LOOK FOR OBJECT EACH TIME GOING TO OPEN AIRWAY TO GIVE 2 BREATHS

BLS FOR HEALTHCARE PROVIDERS:

1 and 2 RESCUER INFANT SEQUENCE:

Step	Action
1	Assess scene safety
2	Assess the victim for response. If no response, shout for help
3	If you are alone AND WITNESS ARREST - activate EMS
4	Open the victim's airway (Head-tilt/chin-lift) and check breathing (5-10 seconds)
5	If no adequate breathing, give 2 breaths – deliver each breath over 1 second
6	Check the victim's pulse (take 5-10 seconds) – IF UNSURE ABOUT PRESENCE OF PULSE - START CPR
7	If no pulse, perform 5 cycles of 30:2 compressions/ventilation (rate of 100/min) – <u>2 FINGERS STERNUM</u>
1 PERSON	PUSH HARD AND FAST, RELEASE COMPLETELY <u>MINIMIZE THE NUMBER AND LENGTH OF INTERRUPTIONS OF COMPRESSIONS</u>
8	If no pulse, perform 10 cycles of 15:2 compressions/ventilation (rate of 100/min) <u>2 THUMBS ENCIRCLING CHEST</u>
2 PERSON	PUSH HARD AND FAST, RELEASE COMPLETELY <u>MINIMIZE THE NUMBER AND LENGTH OF INTERRUPTIONS OF COMPRESSIONS</u>

INFANT CONSCIOUS CHOKING:

<u>MILD</u> DO NOT INTERFERE If persists – CALL 911	Good air exchange, responsive and can cough forcefully, may wheeze
<u>SEVERE</u> <u>ACTIVATE EMS</u> <u>INTERVENE</u>	Poor or no air exchange, weak ineffective cough, no cough at all, high pitched inhaling noises, NO noise at all, cyanosis, increased respiratory distress, unable to speak or move air, universal choking sign
1	Kneel or sit with infant in your lap
2	Hold infant, face down supporting head and neck, resting on thigh or lap
3	Deliver up to 5 back slaps between shoulder blades
4	Turn infant over and deliver 5 quick downward chest thrusts with 2 fingers – just below nipple line
5	Repeat sequence until object removed or infant becomes unresponsive

INFANT UNCONSCIOUS CHOKING:

1	Place infant on flat surface, look in airway, remove object if seen, BEGIN CPR
2	After 5 cycles of CPR (2 mins) (*checking in airway for object before breaths*), ACTIVATE EMS

LOOK FOR OBJECT EACH TIME GOING TO OPEN AIRWAY TO GIVE 2 BREATHS