



## Basic Life Support (2020)

### CPR STEPS:

- 1) Scene safety
- 2) Check for responsiveness
- 3) Call 9-1-1, get an AED
- 4) Check for breathing and pulse (less than 10 seconds)
- 5) No pulse/not breathing? Begin CPR! (*Has pulse but not breathing? - Rescue breaths*)

### COMPRESSIONS AND VENTILATIONS:

- Adults: 30:2 (Regardless of how many people are helping) 2 inches deep
- Children: 30:2 (If alone) **15:2 (With 2 or more people helping)** 2 inches deep
- Infants: 30:2 (If alone) **15:2 (With 2 or more people helping)** 1.5 inches deep

### With an Advanced Airway in place:

**ADULTS:** Continuous compressions for the full 2-minute cycle, 1 breath every 6 seconds

**PEDIATRICS:** continuous compressions for the full 2-minute cycle, 1 breath every 2-3 seconds

**COMPRESSION RATE:** 100-120 Beats per minute, hard and fast!

**YOU ARE GOING TO GET TIRED!** Switch roles every 2 minutes **or** when the AED re-analyzes.

**USING THE AED:** Turn it on! Follow the voice commands. Large pads for 8 years and up. Small pads for under 8 years including infants.

**RESCUE BREATHS:** (When person is not breathing or only gasping) WITH A PULSE.

**Adults:** 1 breath every 6 seconds (10 breaths per minute)

**Children and infants:** 1 breath every 2-3 seconds (20-30 breaths per minute)

(Mouth to mouth, pocket mask, Bag Mask Device, or barrier device)

**TEAM DYNAMICS-** 1 person in charge, closed loop communication, know your limitations. (*Use CPR Coach*)

**OPIOID OVERDOSE:** Depresses breathing, can lead to cardiac arrest. RESCUE BREATHS and Narcan (Naloxone) are indicated. *CPR may be needed if no pulse.*

**CHOKING:** Person cannot breathe, speak, or cough. Abdominal Thrusts for adults and children. 5 back slaps and 5 chest thrusts for infants. If person becomes unresponsive, begin CPR.