

BLS STUDY
GUIDE
2020



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CPR STEPS

- 1) Scene Safety
- 2) Check for Responsiveness (Shake and Shout)
- 3) Call for help, bring AED or Defibrillator
- 4) Check for Pulse and Breathing simultaneously, less than 10 seconds
- 5) No pulse/not breathing- begin CPR (Has pulse but NOT breathing? Provide rescue breaths)

COMPRESSIONS AND VENTILATIONS

Adults: 30:2 (Regardless of number of rescuers) **2 inches deep**

Children: 30:2 if alone. 15:2 if 2 or more rescuers **2 inches deep**

Infants: 30:2 if alone. 15:2 if 2 or more rescuers **1.5 inches deep**

- **With an advanced airway, provide continuous CPR for every 2-minute cycle, then provide 1 breath every 6 seconds, asynchronously for **ADULTS**. For **PEDIATRICS**, 1 breath every 2-3 seconds**

COMPRESSION RATE

- At least 100-120 beats per minute allowing for complete chest recoil
- Push hard and fast
- Count out loud
- ***Switch the person providing chest compressions every 2 minutes or when the AED reanalyzes***

Using the AED (Automated External Defibrillator)

- Step #1- TURN IT ON- OR OPEN THE LID
- Step #2- FOLLOW THE VOICE PROMPTS- the AED will tell you what to do and when to do it
- Large pads for bigger children and adults
- Small pads for smaller children and infants
- Follow the pictures on the pads for placement
- OK to use Adult Pads on pediatrics, NOT OK to use Pediatric Pads on Adults
- The AED will only allow you to shock Ventricular Fibrillation

RESCUE BREATHING

The person is not breathing or only gasping WITH A PULSE

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

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

- Mouth to Mouth*
- Pocket Mask
- Bag Mask Device
- Barrier Device

- ***Check for a pulse about every 2 minutes***

TEAM DYNAMICS

- 1 person in charge- **the Team Leader**
- Closed-loop communication
- Know your limitations
- Share your knowledge
- Speak loudly and clearly

- **ROLES:**
- Team Leader
- CPR Coach/AED/Manual Defibrillator
- Chest Compressions
- Airway
- IV/Drug delivery
- Recorder/Timekeeper
- Runner

OPIOID OVERDOSE

- Assist the airway/rescue breaths
- Administer Naloxone (Narcan) *if available*
- CPR if indicated
- Place on left side if semi-responsive

CHOKING

The person cannot speak, breath or cough

Adults and Children

- Abdominal Thrusts

Infants

- Back Blows and Chest Thrusts

Special Considerations

- Pregnant females- Chest Thrusts
- Obese Person- Chest Thrusts
- If person becomes unresponsive, begin CPR

Thank you!

**We are looking
forward to
exceeding
your
expectations!**

CMR  **CPR**
EXCEEDING YOUR EXPECTATIONS