

## CABs of CPR 2011

### BLS for Healthcare Provider Guidelines

CPR	ADULT & OLDER CHILD (puberty and older)	CHILD (1-8 years old)	INFANT (up to 1 year old)
<b>Establish unresponsiveness / no breathing / breathing not normal (gaspings) and activate 9-1-1 and get AED</b>	If alone, place victim in recovery position and call 9-1-1 first.	If alone, give 5 cycles of CPR before placing victim in recovery position and calling 9-1-1.	
<b>Check pulse for 10 secs.</b>	Check the carotid artery on your side of the victim's the neck.		Check the brachial artery on inside of the victim's upper arm near the armpit.
Victim has a DEFINITE detectable pulse: <b>Rescue Breathing</b>	Give 1 breath every 5-6 seconds Check pulse again every 2 minutes	Give 1 breath every 3 seconds Check pulse again every 2 minutes If pulse less than 60 beats per minute, or perfusion remains poor, add compressions	
Victim has NO detectable pulse: <b>Begin CPR (chest compressions &amp; breaths)</b> Minimize interruptions	<b>30</b> compressions then <b>2</b> breaths (1 and 2 rescuer) push hard and push fast	<b>30</b> compressions then <b>2</b> breaths (1 rescuer) <b>15</b> compressions then <b>2</b> breaths (2 rescuers) push hard and push fast	
<b>Compression location</b>	Center of breastbone (between the nipples)	One finger width below nipple line	
<b>Compression method</b>	Heel of one hand, other on top with fingers interlaced and elbows locked	Heel of one hand with elbow locked	2 fingers
<b>Compression depth</b> Allow chest to fully recoil	Equal to or greater than 2"	1/3 to 1/2 the depth of the chest	
<b>Compression rate</b>	100 per minute		
<b>Activate (turn on) the AED when it arrives</b>	Follow prompts. Never remove the AED.		
<b>Using an AED</b> Victim not breathing	Turn on AED and follow instructions	AED not recommended for infants	
<b>AED precautions: Hairy chest</b>	If victim has a hairy chest and AED pads do not stick, remove pads and shave chest. Place new pads on chest.		
<b>AED precautions: Implanted defibrillator Pacemaker</b> (you notice a hard lump under the skin of the upper chest or abdomen)	Place AED pads at least 1 inch to the side of the implant		
<b>AED precautions: Medication patches</b>	Remove the patch and wipe the area clean before placing pads on victim		
<b>AED precautions: Water</b>	Do not use in water, water conducts electricity		