

Study guide and quick reference sheet for BLS for the Healthcare Provider

CPR	ADULT & OLDER CHILD (puberty and older)	CHILD (1-8 years old)	INFANT (up to 1 year old)
Check for responsiveness	Call 9-1-1 if victim is unresponsive. If alone, call 9-1-1 immediately	Call 9-1-1 if victim is unresponsive. If alone, give 5 cycles of CPR before leaving a victim to call 9-1-1	
Open the airway	Head tilt-chin lift or jaw thrust if spine injury is suspected		
Check breathing	Look, listen & feel for breathing for 5 but no more than 10 seconds		
Victim is not breathing or breathing is agonal	Give two breaths Making the chest gently rise (about 1 second each)		
Air does not go in and make the chest rise	Re-open the airway and attempt two more breaths		
Check pulse	Check carotid (neck) pulse for 5 and no more than 10 seconds	Check carotid (neck) pulse for 5 and no more than 10 seconds	Check brachial pulse (inside of upper arm) for 5 and no more than 10 seconds
No pulse	Begin CPR Check pulse every two minutes (5 cycles)	Or pulse is less than 60 beats per minute with signs of poor perfusion, begin CPR Check pulse every two minutes (5 cycles)	Or pulse is less than 60 beats per minute with signs of poor perfusion, begin CPR Check pulse every two minutes (5 cycles)
Compression location	Center of breastbone (between the nipples)		One finger width below an imaginary line between the nipples
Compression method	Heel of one hand, other on top with fingers interlaced and elbows locked	Heel of one hand with elbow locked	2 fingers (hands encircled around chest using thumbs to compress for 2 rescuers)
Compression depth	1 ½ to 2 inches	1/3 to 1/2 the depth of the chest	
Compression rate	100 per minute		
Compression ratio: One rescuer Two rescuer	30:2 30:2	30:2 15:2	
Rescue Breathing Victim has a pulse but is not breathing	1 breath every 5-6 seconds (10-12 per minute) Check pulse every two minutes (12 breaths)	1 breath every 3-5 seconds (12-20 per minute) Check pulse every two minutes (20 breaths)	
Unconscious choking Breaths do not make the chest rise	Begin CPR Check the mouth for any object before giving breaths Finger sweep to remove an object if seen Check pulse every two minutes (5 cycles)		
Using an AED (Victim has no pulse)	After 5 cycles of CPR turn on AED and follow instructions		AED not recommended for infants
AED precautions: Hairy chest	If victim has a hairy chest and AED pads do not stick, remove pads and shave chest. Place new pads on chest.		
AED precautions: Implanted defibrillator Pacemaker (you notice a scar & 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		
AED precautions: Medication patches	Remove the patch and wipe the area clean before placing pads on victim		
AED precautions: Water	Water conducts electricity DO NOT USE in water		