**BLS 2010 Guidelines**

**Adult CPR**

Chain of survival

1. Recognition and Activation of EMS – 2. CPR – 3. Defibrilation – 4. Advanced Care – 5. Post Cardiac Arrest Care

**C (Chest Compressions) A (Airway) B (Breathing)**

1. Determine Unresponsiveness and No Normal Breathing
2. Call 911 (Emergency Response System) and Get AED
3. Check Pulse (Carotid – neck - Pulse5-10 seconds)
4. Start Compressions (Five Cycles Compressions and Breaths (30:2
5. Heel of hands in center of the chest on the lower half of the breastbone
6. Push Hard – Push Fast
7. Push at least 2 inches with each compression
8. Deliver at leasat 100 compressions per minute
9. Full chest recoil after each compression
10. Minimize interuptions
11. After 30 compressions Open the Airway
12. Head tilt- Chin lift OR Jaw thrust if neck injury
13. Deliver breaths over one second – enough to see a chest rise

**2 Person CPR**

After 5 cycles of 30 compressions: 2 breaths the compressor and person at the head switch positions

**Use of AED – Automated External Defibrillator**

1. Turn power on
2. Attach defibrillator pads to bare chest
3. Adults always use Adult pad
4. Pediatrics use pediatric pads if available; if not available, use adult pads
5. Clear patient to analyze heart rhythm
6. If shock advised then clear patient and push shock button
7. After shock Immediately start CPR with chest compressions
8. If no shock advised immediately start CPR with chest compressions

**Pediatrics**

Chain of Survival

1. Prevention – 2. Bystander CPR – 3. Rapid Activation of EMS – 4. Advanced Care – 5. Post Cardiac Arrest Care

**Children 1 – puberty**

1. Follow instructions for Adult CPR with the following differences
2. Compression depth approximately 2 inches
3. May use one or two hands to do compressions
4. If pulse is below 60 beats per minute with signs of poor perfusion start compressions
5. If you are a lone rescuer do 5 cycles of 30:2 then all 911
6. 2 person CPR 15 Compression: 2 breaths

**Infants**

1. Follow instructions for Adult CPR with the following differences
2. Check pulse with 2-3 fingers a the brachial – upper arm – artery
3. Compressions - use 2 fingers in the center of the chest just below the nipple line
4. Compression depth approximately 1 ½ inches
5. If pulse is below 60 beats per minute with signs of poor perfusion start compressions
6. If you are a lone rescuer do 5 cycles of 30:2 then all 911
7. 2 person CPR 15 Compression: 2 breaths
8. 2 person CPR compressions use 2 thumb encircling technique

**Rescue Breathing**

**Adults**

Give one breath every 5-6 seconds (10-12 per minute)

**Pediatrics**

Give one breath every 3 to 5 seconds ( 12 to 20 breaths per minute)

**Choking**

1. Adult and Child
   1. Responsive - Abdominal Thrust ( Heimlick Menevier)
   2. Unresponsive - CPR but look in mouth before giving breaths
2. Infants
   1. Responsive - Back Blows – Chest Thrusts
   2. Unresponsive - CPR but look in mouth before giving breaths