

BLS



CPR FLORIDA

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STEP 1

Survey the Scene

Make sure the scene is safe for you and the victim.

DO NOT BECOME ANOTHER VICTIM



STEP 2

Check for Responsiveness

Tap the victim on the shoulder and shout, "ARE YOU OKAY?"
Infants: Pinch or tickle. **DO NOT** hit or shake an infant.

CALL 911, get an **AED** and then check for a pulse and breathing.



STEP 3 Pulse and Breathing Check

Adults and Children



- Find the center of the neck and slide fingers into the groove on the side closest to you.
- Check for the pulse using the **carotid artery** for at least **5 seconds**, but no more than **10 seconds**.
- While checking for pulse, watch for **breathing**, movement, or any other signs of **circulation**.

Infants 1 year and younger



- Place two fingers on the inside of the upper arm between the elbow and the underarm.
- Check for the pulse using the **brachial artery** for at least **5 seconds**, but no more than **10 seconds**.
- While checking for pulse, watch for **breathing**, movement, or any other signs of **circulation**.

Pulse

Start Breathing (other side)

No Pulse

Compressions

Remove any clothes that are in the way of performing CPR or use of an AED.

C

Adult: puberty and older



- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.



- Compress straight down at least **2 inches 30 times**, at a rate of **100-120 times per minute**.
- Allow the chest to fully recoil between every compression.

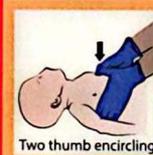


Child: 1yr - puberty

- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.

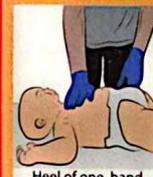


- Compress straight down at least **1/3 the depth of the chest (about 2 inches) 30 times**, at a rate of **100-120 times per minute**.
- Allow the chest to fully recoil between every compression.



Infant: 1yr and younger

- Place both thumbs side by side on the lower half of the infant's breastbone, just below the nipple line. Encircle chest and support back with fingers.



- Compress straight down at least **1/3 the depth of the chest (about 1 1/2 inches) 30 times**, at a rate of **100-120 times per minute**.
- Allow the chest to fully recoil between every compression.

NEXT

Airway

A



- Do a head-tilt/chin-lift.** (Place one hand on the forehead and two fingers on the bony part of the chin)
- Smaller Victims: **Tilt the head less.**
- If **spinal injury** is suspected use the **Jaw Thrust.** (Place hands on the sides of the jaw and pull forwards and upwards)

NEXT

Breathing

B



- For adults and children: Pinch nostrils closed and give **2 breaths** so the chest rises.
- For Infants: Seal your mouth around their nose and mouth. Give **2 small breaths**.
- If breath did not go in, **Retilt the head** and retry the breath. If breaths still don't go in, **resume compressions** (after compressions, check the mouth for obstruction, before resuming breaths).

NEXT

Continue cycles of compressions and breaths until victim shows signs of life or **AED** arrives. **AED** (other side)

Breathing

Adult: puberty and older



- Maintain an open airway using the head-tilt/chin lift.
- Pinch nostrils closed.
- Give **1** breath every **6 seconds**.
- Re-check for a pulse every **2 minutes**.

Child: 1yr - puberty



- Maintain an open airway using the head-tilt/chin lift.
- Pinch nostrils closed.
- Give **1** breath every **2-3 seconds**.
- Re-check for a pulse every **2 minutes**.

Infant: 1yr and younger



- Maintain an open airway using the head-tilt/chin lift.
- Cover the nose and the mouth.
- Give **1** breath every **2-3 seconds**.
- Re-check for a pulse every **2 minutes**.

No signs of Circulation go to box C
Signs of Circulation but not breathing continue Breathing

AED



- Turn on the **AED** and follow the voice prompts.
- Remove the victim's shirt.
- Make sure the victim's chest is dry.
- Remove any medical patches.
- Remove any extra hair (if pads do not stick).



- Remove the defibrillation pads from their packaging.
- Look at the images to be sure where to apply the pads on the victim.
- Place pads on the victim's bare chest.



- Make sure no one is touching the victim.
- Allow the **AED** to analyze. If shock is advised the AED will charge itself.
- Say "**Clear**", and confirm no one is touching the victim.
- Push the shock button if the **AED** advises.



- If **NO Shock Advised** and if the **AED** advises, immediately resume compressions.
- If **Shock Advised**, after shock immediately resume compressions.
- The **AED** will prompt you to stop CPR every **2 minutes** to reanalyze the heart.

Conscious Choking for Adults and Children



- Ask the victim, "**Are you choking?**"
- If unable to make any noise send someone to **Call 911**.
- Ask the victim, "**May I help you?**"
- If the victim agrees, take a wide stance behind them.
- Place one hand on victim's shoulder.
- Bend them slightly forward, using the heel of your hand hit the victim **5 times** between the shoulder blades.



- Place one finger on the belly button.
- With the other hand, make a fist and place it slightly above the finger in the belly button.
- Take your hand and place it on top of the fist
- Thrust in and up **5 times**.
- Each thrust is a separate attempt to get the object out.
- Repeat until object is dislodged.

If the victim goes unconscious, lay them on the floor, and go to Step 3 (other side)

Conscious Choking for Infants



- Place hand on jawbone.
- Be careful to **support the head**.
- Position infant on your forearm.
- Ensure that the infant's head is lower than it's chest.
- Using the heel of your hand, hit the infant **5 times** between the shoulder blades.



- Place palm on skull and sandwich victim between your forearms.
- Roll victim onto your other forearm.



- Place heel of hand on the breastbone, slightly below an imaginary line between the nipples.
- Compress straight down **1/3** the depth of the chest (about **1 1/2 inches**) **5 times**.
- Repeat until object is dislodged.

If the victim goes unconscious, lay them on a hard surface and go to Step 3 (other side)

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