

BLS CPR



CPR FLORIDA

WWW.CPRFLORIDA.NET

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 and Breathing

Tap the victim on the shoulder and shout, "**ARE YOU OKAY?**"

Infants: Pinch or tickle. **DO NOT** hit or shake an infant.

Check for breathing for **5-10 seconds**. If the victim is **not breathing** or breathing abnormally: **CALL 911**, get an **AED** and then check for a **pulse**.



STEP 3 Pulse Check

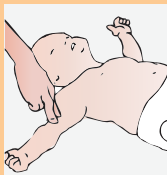
Adults and Children

- 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**.



**Start
Rescue
Breathing
(other side)**

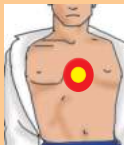
No Pulse

Compressions

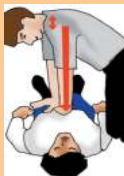
Remove any clothes that are in the way of performing **CPR** or use of an **AED**.

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 at least **100** 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 at least **100** per minute.
- Allow the chest to fully recoil between every compression.



Infant: 1yr and younger

- Place two fingers on the breastbone slightly below the nipple line.
- Place the other hand on the victim's forehead.



- Compress straight down at least **1/3** the depth of the chest (**about 1 1/2 inches 30 times**), at a rate of at least **100** 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).

Rescue Breathing

Adult: puberty and older



- Maintain an open airway using the head-tilt/chin lift.
- Pinch nostrils closed.
- Give **1** breath every **5-6 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 **3-5 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 **3-5 seconds**.
- Re-check for a pulse every **2** minutes.

No signs of Circulation go to box C
Signs of Circulation but not breathing continue Rescue 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**.
- Then ask the victim, **"May I help you?"**
- If the victim agrees, take a wide stance behind them.
- Place one finger in the belly button.
- With the other hand, make a fist and place it slightly above the finger in the belly button.



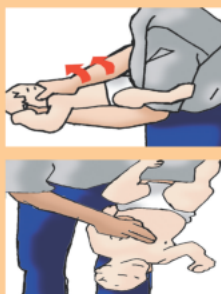
- Then take your hand and place it on top of the fist.
- Thrust in and up until the object comes out.
- Each thrust is a separate attempt to get the object out.

If the victim goes unconscious, lay them on the floor, and go to Step 3

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 its 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 two fingers on the breastbone slightly below an imaginary line between the nipples.
- Compress straight down **1/3** the depth of the chest (**1 1/2 inches**) **5** times.

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