

BLS/HCP Recommendations

Componet	Adult Lay Rescuer: >8 years HCP: Adolescent >	Child 1 to 8 years HCP : 1yr to adolescent	Infant Under 1 year
ACTIVATE Emergency Response Number (one rescuer)	Activate when victim found unresponsive HCP: If asphyxial arrest likely, call after 5 cycles (2 min) CPR	Activate after performing 5 cycles of CPR For sudden, witnessed collapse activate after verifying that victim ictim unresponsive	
Recognition	Unresponsive (for all ages)		
	No breathing or no breathing (ie, only gasping)	No breathing or only gasping	
	No pulse felt within 10 seconds		
CPR sequence	Chest compressions, Airway, Breathing (C-A-B)		
Compression Rate	At least 100/min		
Compression Depth	At least 2 inches (5 cm)	At least 1/3 AP diameter About 2 inches (5 cm)	At least 1/3 AP diameter About 1 1/2 inches 4 cm
Chest wall recoil	Allow complete recoil between compressions Rotate compressors every 2 minutes		
Compression Interruptions	Minimize interruptions in chest compressions Attempt to limit interruptions to less than 10 seconds		
Airway	Head tilt-chin lift (suspected trauma: jaw thrust)		
Rescue Breathing	1 breath every 5-6 seconds	1 breath every 3 -4 seconds	
Ventilations with advanced airway	1 breath every 6-8 seconds (8-10 breaths/min) Asynchronous with chest compressions About 1 second per breath Visible chest rise		
CIRCULATION HCP: Pulse Check(<10 sec)	Carotid (HCP can use femoral in child)		Brachial or Femoral
Compressions landmarks	In the center of the chest between the nipples		Just below nipple line
Compressions method Push hard and fast allow complete recoil	2 Hands: Heel of 1 hand second hand on top	2 Hands: Heel of 1 hand with second on top or 1 Hand: Heel of 1 hand only	1 rescuer: 2 fingers HCP; 2 rescuers 2 thumb-encircling hands
Compression rate	Approximately 100/min		
Compression-ventilation ratio	30 to 2 (1 or 2 rescuers)	30 to 2 (single rescuer) HCP: 15 to 2 (2 rescuers)	
Defibrillation AED	Attach and use AED as soon as available. Minimize interruptions in chest compressions before and after shock: resume CPR beginning with compressions immediately after each shock.		
	Use adult pads. Do not use child pads/ child system. HCP: For-out-of-hospital response may provide 5 cycles/2 minutes of CPR before shock if response >4 to 5 minutes and arrest not witnessed	HCP: Use AED as soon as available for sudden collapse All: After 5 cycles of CPR (out-of-hospital). Use child pads/system for child 1 to 8 years if available. If child pads/system not available, use adult AED & pads	Use pediatric pads with pediatric dose attenuator