

ST DAVID'S HEALTHCARE PARTNERSHIP
2006 BLS INFORMATION SHEET FOR HEALTHCARE PROVIDERS

Do not stop CPR for more than 10 seconds!	COMPRESSION RATE—Hard and Fast! (1 & 2 rescuers)	COMP/VENT RATIO CYCLES	# OF CYCLES	COMPRESSION DEPTH—Allow full Recoil!	HAND POSITION	RESCUE BREATHING—Do not hyperventilate!	CHOKING (Conscious pt. Only)
ADULT 14 yrs & up	100/min.	1 Resc=30:2 2 Resc=30:2	5 in 2 min.	1 ½ to 2 inches	2 hands between nipples, center of sternum	10-12/min—1 second breath every 5-6 seconds	5 abdominal thrusts
CHILD 1-puberty (12-14 yrs)	100/min.	1 Resc=30:2 2 Resc=15:2	5 in 2 min.	½ to 1/3 the depth of the chest	1-2 hands between nipples, center of sternum	12-20/min—1 second breath every 3-5 seconds	5 abdominal thrusts
INFANT 0-1 yr	100/min.	1 Resc=30:2 2 Resc=15:2	5 in 2 min.	½ to 1/3 the depth of the chest	1-Resc=2 fingers, 1 finger below nipple line 2 Resc=encircling hands	12-20/min—1 second breath every 3-5 seconds	5 back blows and 5 chest thrusts

ADULT
 Shake & Shout
 Call for HELP
 Activate EMS
 A=Airway
 B=Breathing
 C=Circulation
 D=Defibrillation

CHILD
 Shake & Shout
 Call for HELP
 A=Airway
 B=Breathing
 C=Circulation
 D=Defibrillation
 Activate FMS

INFANT
 Arouse & Shout
 Call for HELP
 A=Airway
 B=Breathing
 C=Circulation
 Activate EMS

WHEN TO STOP CPR
 (H.E.L.P.)
 H=Help arrives
 E=Exhaustion—too tired to continue
 L=Life signs return
 P=Pronounced dead by an MD or JP

ADULT AED—Adult Pads ONLY

- ♥ Witnessed: No pulse, start CPR, then use AED immediately when available, 1 shock followed by 5 cycles of CPR.
- ♥ Unwitnessed: No pulse, 5 cycles of CPR, then 1 shock, followed by 5 cycles of CPR.
- ♥ Before using the AED: dry the patient, remove from standing water, remove medication patches, avoid implanted pacemakers, avoid jewelry, remove excess hair.

CHILD AED-Pediatric or Adult Pads

- ♥ Perform 2 minutes of CPR before calling EMS & using AED same as adult (witnessed vs unwitnessed).
- ♥ Place pediatric pads in normal adult position, unless touching, then place front and back.
- ♥ If pediatric pads are unavailable, use adult pads as above—do not cut or trim adult pads.
- ♥ Use same precautions as with adult AED.