

THE ULTIMATE BLS FIELD GUIDE INFOGRAPHIC

911



Basic life support (BLS) skills can make the difference between life and death for a patient. A BLS field guide and summary sheet are essential for preparing responders for any resuscitation event.

SureFire CPR

BLS Core Components

The two primary components of BLS are **cardiopulmonary resuscitation (CPR)** and automated external **defibrillator (AED)** use.



3 Steps of CPR

CPR involves a series of chest compressions and ventilation. To administer CPR, follow the **3 steps of CAB**:

1. Deliver **chest** compressions, using quick, firm motions
2. Open the **airway** by tilting the head and lifting the chin
3. Administer **breaths** (mouth-to-mouth breathing)



Steps for AED Use

An AED is an effective and relatively simple device to use in the event of cardiac arrest. **To operate an AED, follow these steps:**

SureFire CPR

 <p>Activate the device immediately</p>	 <p>Place pads on upper right and lower left sides of chest</p>	 <p>Wait for the AED to analyze victim's heart rhythm</p>
 <p>Follow prompts from device to shock or not to shock</p>	 <p>Continue to monitor victim's heart rhythm</p>	 <p>Follow additional prompts from the device</p>

What does Cardiac Arrest Look Like?

Common signs of cardiac arrest include:

- Sudden loss of consciousness
- Gasp for air or not breathing at all
- No response to shaking or shouting
- No pulse detected within 10 seconds



Assessing the Situation and the Patient

When you encounter a person in need of assistance:

SureFire CPR

Confirm the scene is safe before approaching the victim. If it is not, call 911 from a safe location

 <p>Activate the emergency response system and/or call 911 to get help on the scene.</p>	 <p>If another responder is present, send them to retrieve an AED if one is available.</p>	 <p>Check whether the patient is breathing by looking for a rise and fall on the chest.</p>	 <p>Check for a pulse at the carotid artery on the neck (adults and children) or the brachial artery on the upper arm (infants).</p>
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First Aid Training Study Guide

Scott C. Dulebohn



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