



Welcome to the American Heart Association's Basic Life Support for Healthcare Providers.

You don't have to be a healthcare provider to take this course, but it does cover checking a pulse, team rescues and use the bag-valve-mask that the lay person class (Heartsaver course) does not. Here's basic information to help you feel prepared!

Please bring your ID, wear loose and comfortable clothing, and let us know prior to class if you have any physical limitations so that we can do our best to accommodate and help you!

Tests are now open book! You can borrow/rent/purchase/download, etc. If you want your own copy, all AHA supplies can be obtained from ShopCPR.Heart.Org. If you want a book but money is an issue, please let us know and we will see what we can do to help.

COURSE AGENDA

- Introduction
- 1-rescuer Adult BLS
- AED & BVM
- 2-rescuer Adult BLS
- Special Considerations
- High Performance Teams
- Child BLS
- Infant BLS
- Relief of Choking
- Conclusion
- Additional practice and skills evaluations as needed
- Exam

Breaks are given as needed, do not hesitate to ask questions or for clarification, and feel free to bring a drink or snack. We intend the class to be fun and relaxed, but to empower you to feel confident in your skills and in an emergency. Tell us how you feel, so we can practice until you feel strong in your abilities.

Thank you for choosing us for your class!
Medical Education Angels

Summary of High-Quality CPR Components for BLS Providers



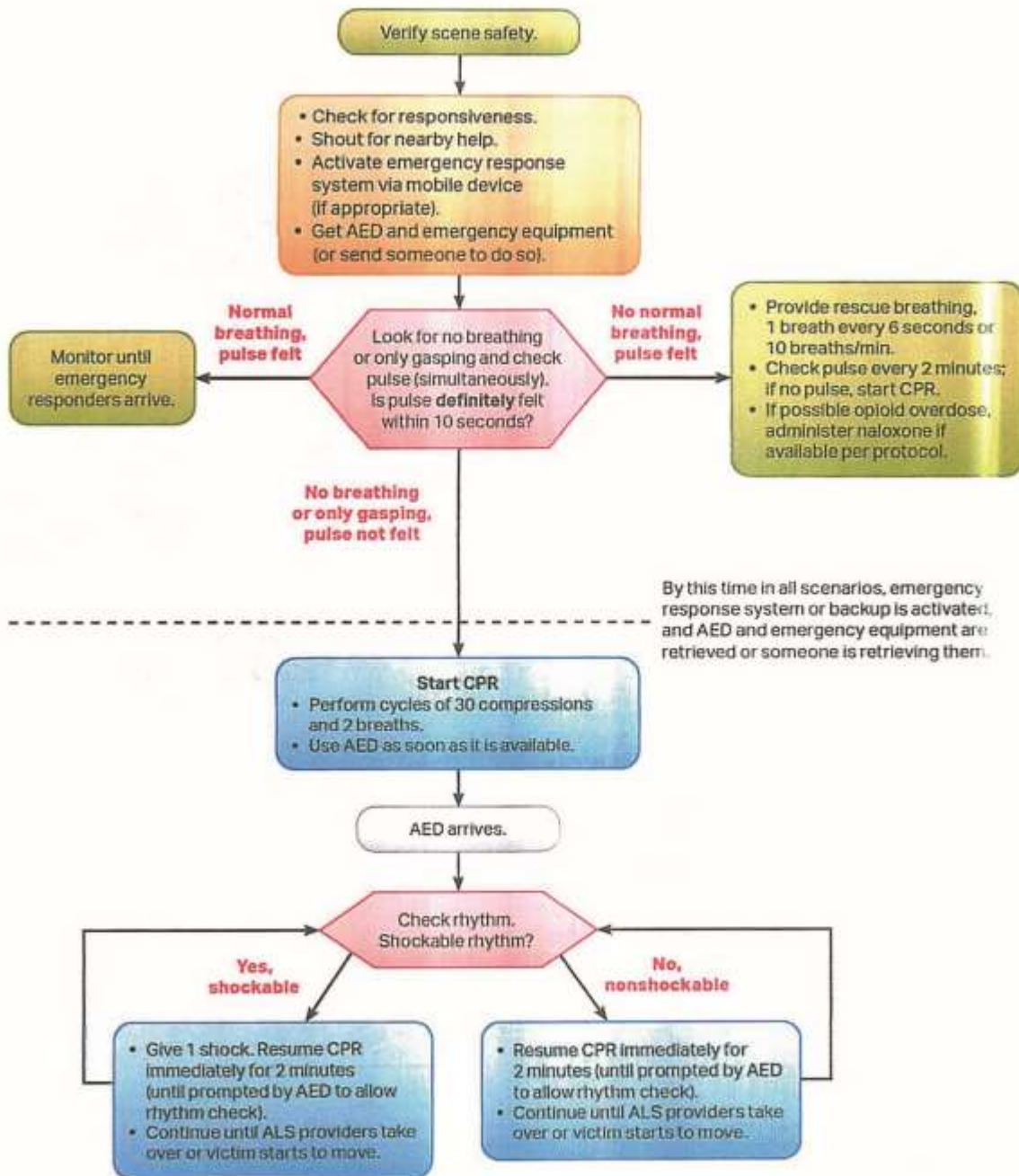
Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	<i>If a mobile device is available, phone emergency services (9-1-1)</i> If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available		
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	1 rescuer 2 fingers or 2 thumbs in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb-encircling hands in the center of the chest, just below the nipple line If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

*Compression depth should be no more than 2.4 inches (6 cm).

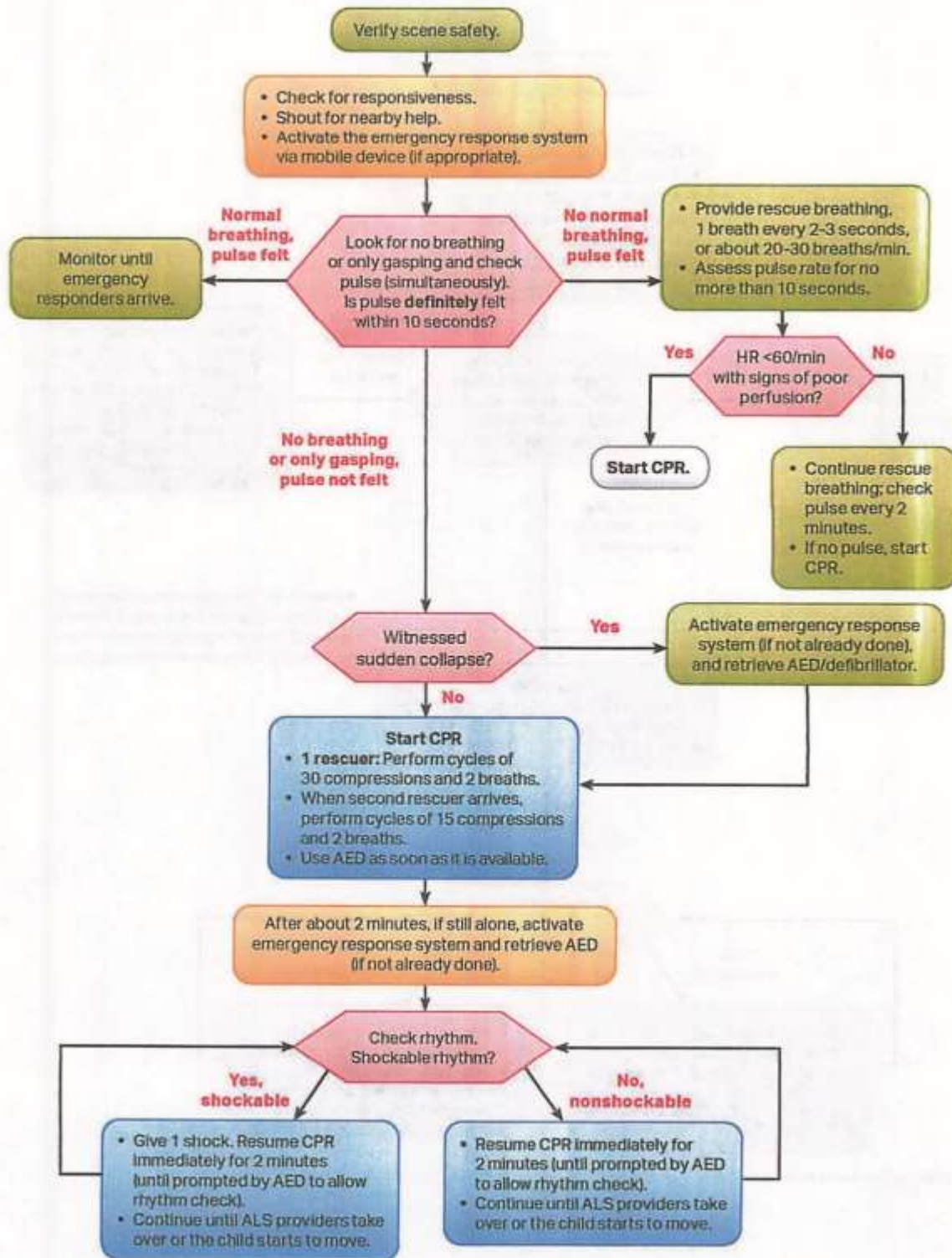
Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

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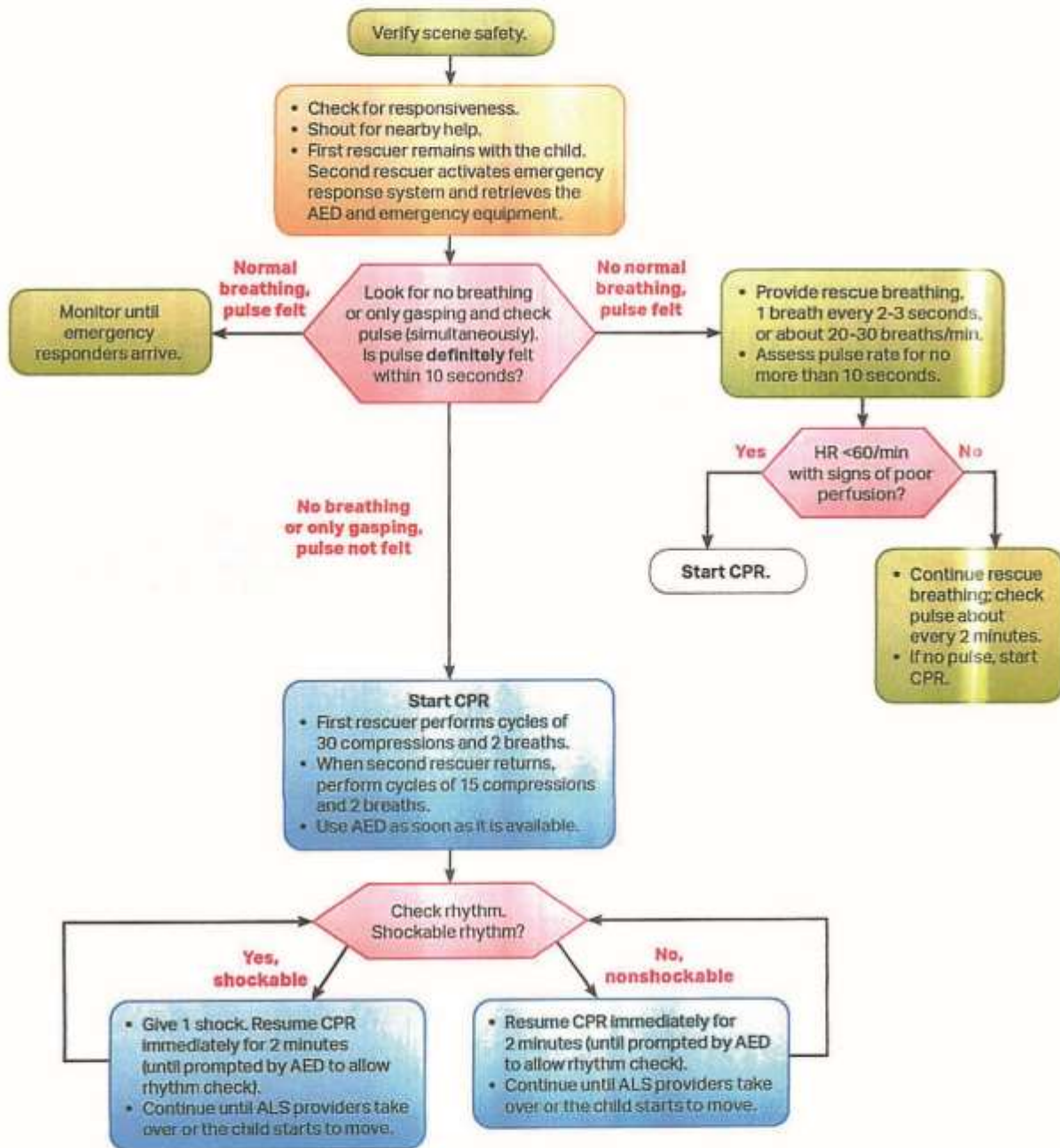
Adult Basic Life Support Algorithm for Healthcare Providers



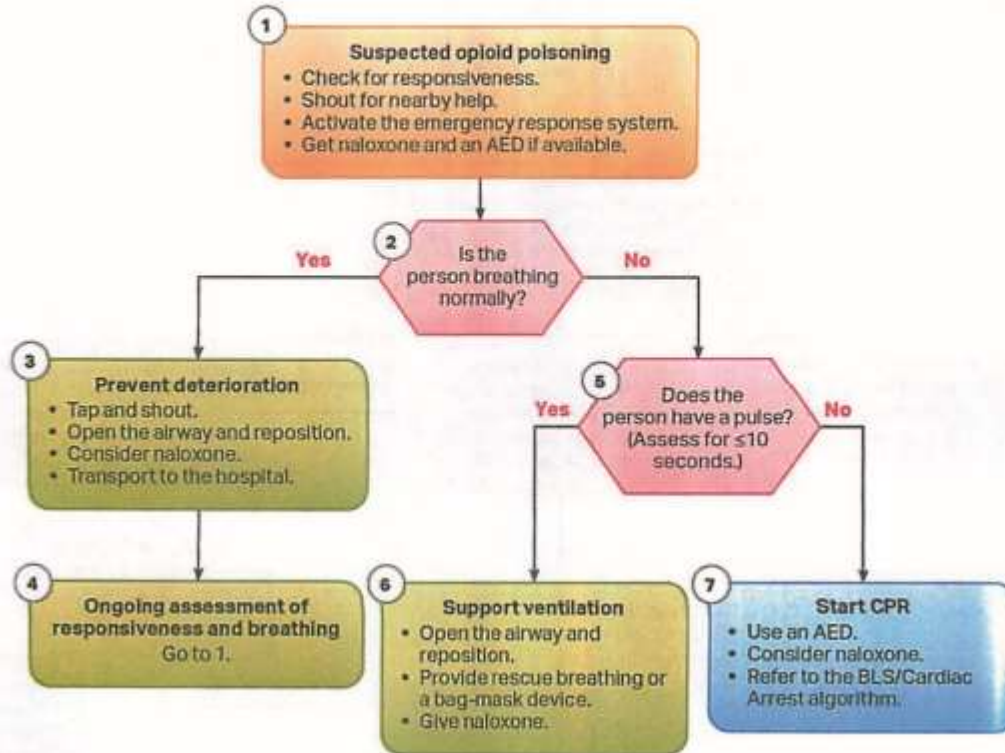
Pediatric Basic Life Support Algorithm for Healthcare Providers—Single Rescuer



Pediatric Basic Life Support Algorithm for Healthcare Providers—2 or More Rescuers



Opioid-Associated Emergency for Healthcare Providers Algorithm





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