

BLS for Healthcare Professionals

CABs of CPR

CPR	ADULT & OLDER CHILD (puberty and older)	CHILD (1 year to signs of puberty)	INFANT (up to 1 year old)
Verify Scene Safety	Do not enter an unsafe environment. Call 9-1-1		
Check victim's responsiveness	If victim is unresponsive, shout for help. Call 9-1-1 with mobile device, if available. Send someone to find an AED.		
Activate 9-1-1	If you are alone and do not have a mobile device, leave the victim to call 9-1-1 first, then look for an AED. Return to perform CPR.	If you are alone and WITNESS THE COLLAPSE Leave the victim to call 9-1-1 first, and look for an AED. Return to perform CPR.	
Determine if victim is breathing & has a pulse	Simultaneously check for breathing & pulse for no more than 10 seconds. NOTE: agonal breaths are not considered signs of breathing For children and infants, a pulse rate of less than 60 beats / minute is treated as no pulse.		
	Check carotid artery on your side of the victim's the neck.		Check brachial artery on inside of the victim's upper arm near the armpit.
Rescue Breathing If victim has a DEFINITE detectable pulse, but is not breathing	1 breath every 5-6 seconds Check pulse every 2 minutes.	1 breath every 3-5 seconds Check pulse again every 2 minutes If pulse less than 60 beats per minute, or perfusion remains poor, add compressions	
	For suspected opioid overdose, administer naloxone, if available		
If victim has NO detectable pulse: Begin CPR Minimize interruptions	1 rescuer: 30 compressions : 2 breaths 2+ rescuers: 30 compressions : 2 breaths Use AED as soon as it arrives.	1 rescuer: 30 compressions : 2 breaths 2+ rescuers: 15 compressions : 2 breaths Use the AED as soon as it arrives	
Compression rate	100 - 120 compressions per minute		
Hand placement	2 hands on lower half of breastbone	1 hand or 2 hands on lower half of breastbone	1 rescuer: 2 fingers 2+ rescuers: 2 thumbs on center of chest, just below nipple line
Compression depth	2 to 2.4 inches (5-6 cm)	1/3 the depth of the chest - about 2 inches (5 cm)	1/3 the depth of the chest - about 1.5 inches (4 cm)
Chest recoil	Allow for full chest recoil after each compression		
Minimize interruptions	Limit interruptions in chest compressions to no more than 10 seconds		
Use the AED as soon as it arrives	Turn on AED and follow instructions. Never remove the AED.		

New Cpr Guidelines Cheat Sheet

Wenbin Ji

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

New Cpr Guidelines Cheat Sheet:

New Cpr Guidelines Cheat Sheet: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. New Cpr Guidelines Cheat Sheet : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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