

# THE ULTIMATE BLS FIELD GUIDE INFOGRAPHIC

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

911



## 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:**

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## 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

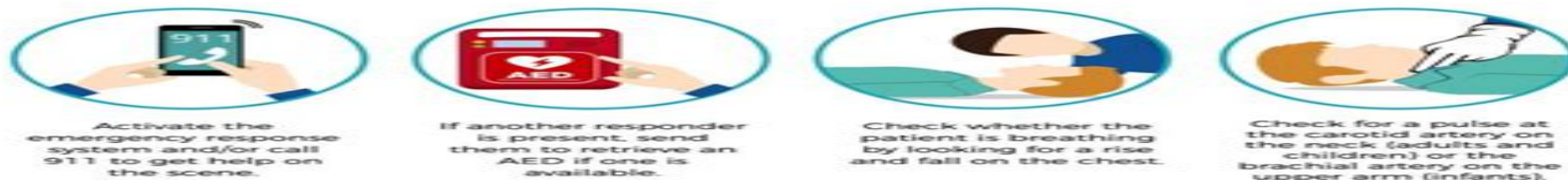


## Assessing the Situation and the Patient

**When you encounter a person in need of assistance:**

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

SureFire CPR



# Pholbothomist Training Study Guide

**TD Snyder**



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