# THE ULTIMATE STATE OF THE STATE

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:

- Deliver chest compressions, using quick, firm motions
- 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:





Activate the device immediately Place pads on upper right and lower left sides of chest





Follow prompts from device to shock or not to shock



Continue to monitor victim's heart rhythm



Follow additional prompts from the device

SureFire CPR

#### What does Cardiac Arrest Look Like?

#### Common signs of cardiac arrest include:

Sudden loss of consciousness Gasping 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 is is not, call 911 from a safe location



Activate the emergency response system and/or call 911 to get help on the scene



If another responder is present, send them to retrieve an AED if one is



Check whether the patient is breathing by looking for a rise and fall on the chest.



Check for a pulse at the carotid artery on the neck (adults and children) or the brachial artery on the upper arm (infants).

# **Bls Reference Guide**

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