2010 AHA BLS for Healthcare Providers Study Guide

	Adult (over puberty)	Child (1yo-puberty)	Infant (neonate-1yo)
Call **911**	After establishing unresponsiveness	After 5 cycles of CPR (About 2 minutes)	After 5 cycles of CPR (About 2 minutes)
Check for **Circulation**	Check for a carotid pulse and other signs of life	Check for a carotid pulse and other signs of life	Check for brachial pulse and other signs of life
If no signs of circulation, begin compressions. Compression Rate Compression Ratio Compression Depth	 100+/ min 1 rescuer- 30:2 2 rescuer- 30:2 At Least 2" deep	 100+/ min 1 rescuer- 30:2 2 rescuer- 15:2 1/3-1/2 depth of chest	 100+/ min 1 rescuer- 30:2 2 rescuer- 15:2 1/3-1/2 depth of chest
Open **Airway**	Head-tilt chin-lift. If trauma present, use jaw-thrust method	Head-tilt chin-lift. If trauma present, use jaw-thrust method	Head-tilt chin-lift. If trauma present, use jaw-thrust method
Assess **Breathing** Look, Listen, & Feel. If not, give 2 breaths	Give 2 Breaths Give enough air to make "chest rise" Over 1 sec each	Give 2 Breaths Give enough air to make "chest rise" Over 1 sec each	Give 2 Breaths Give enough air to make "chest rise" Over 1 sec each
If there are signs of circulation, begin rescue breathing	1 breath every 5-6 seconds. 10-12/ minute	1 breath every 3-5 seconds. 12-20/ minute	1 breath every 3 seconds. 20/ minute
Rescue Breaths with Advanced Airway	1 breath every 6-8 seconds 8-10/ minute	1 breath every 6-8 seconds 8-10/ minute	1 breath every 6-8 seconds 8-10/ minute
FBAO (Foreign Body Airway Obstruction) Responsive Unresponsive	Abdominal Thrusts Begin CPR. Look in mouth for object prior giving breaths Note: Compressions now act as Chest Thrusts to expel FB	Abdominal Thrusts Begin CPR. Look in mouth for object prior giving breaths Note: Compressions now act as Chest Thrusts to expel FB	5 Back Slaps & 5 Chest Thrusts Begin CPR. Look in mouth for object prior giving breaths Note: Compressions now act as Chest Thrusts to expel FB