## 2010 AHA BLS for Healthcare Providers Study Guide

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