

BLS Guidelines Review Sheet

For Healthcare Providers

Maneuver	Adult Puberty and older	Child 1 year to puberty	Infant Less than 1 year
ACTIVATE	Activate when victim found unresponsive	Activate after performing 5 cycles of CPR For sudden, witnessed collapse, activate after verifying that victim unresponsive	
AIRWAY	Head tilt-chin lift (Suspected trauma, use jaw thrust)		
BREATHS Initial	2 breaths at 1 second/breath		
Rescue breathing without advanced airway	10-12 breaths/min (approx. 1 breath every 5 to 6 seconds)	12-20 breaths/min (approx. 1 breath every 3 to 5 seconds)	
Rescue breaths for CPR with advanced airway	8 to 10 breaths/min (approx. 1 breath every 6 to 8 seconds)		
Foreign-body airway obstruction	Abdominal thrusts		Back slaps and chest thrusts
Circulation Pulse check (5-10 seconds)	Carotid		Brachial
Compression landmarks	Center of chest, between nipples		Just below nipple line
Compression method Push hard and fast Allow complete recoil	2 Hands: Heel of 1 hand, other hand on top	2 Hands: Heel of 1 hand, other hand on top or 1 Hand: Heel of 1 hand only	1 rescuer: 2 fingers 2 rescuers: 2 thumb-encircling hands
Compression depth	1 ½ to 2 inches	Approximately ⅓ to ½ the depth of the chest	
Compression rate	Approximately 100/min		
Compression-ventilation ratio	30:2 (1 or 2 rescuers)	30:2 (single rescuer) 15:2 (2 rescuers)	
DEFIBRILLATION			
AED	Use adult pads. Do not use child pads/child system.	Use child pads/system for child 1 to 8 years old if available. If child pads/system not available, use adult AED and pads.	Not recommended for infants <1 year of age