



HEALTHCARE PROVIDER BCLS FOR ADULTS, CHILDREN, INFANTS WITH AED

NATIONAL CERTIFICATION SERVICES, INC.

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Chapter One: Adult CPR

CHAPTER ONE: ADULT CPR

1. Ensure that nearby area is safe.
2. Check if victim is responsive.
3. Call out for help from somebody close by. At this point, the emergency response system should be used. Obtain the AED or send another person to retrieve it.
4. Check victim's pulse and breathing for no more than 10 seconds.
 - *If breathing is normal and a pulse is present:*
Monitor the victim until professional help arrives.
 - *If a pulse is present and there is no normal breathing:*
Give the victim 1 breath every 5 seconds.

If you have not yet done so, activate the emergency response system.

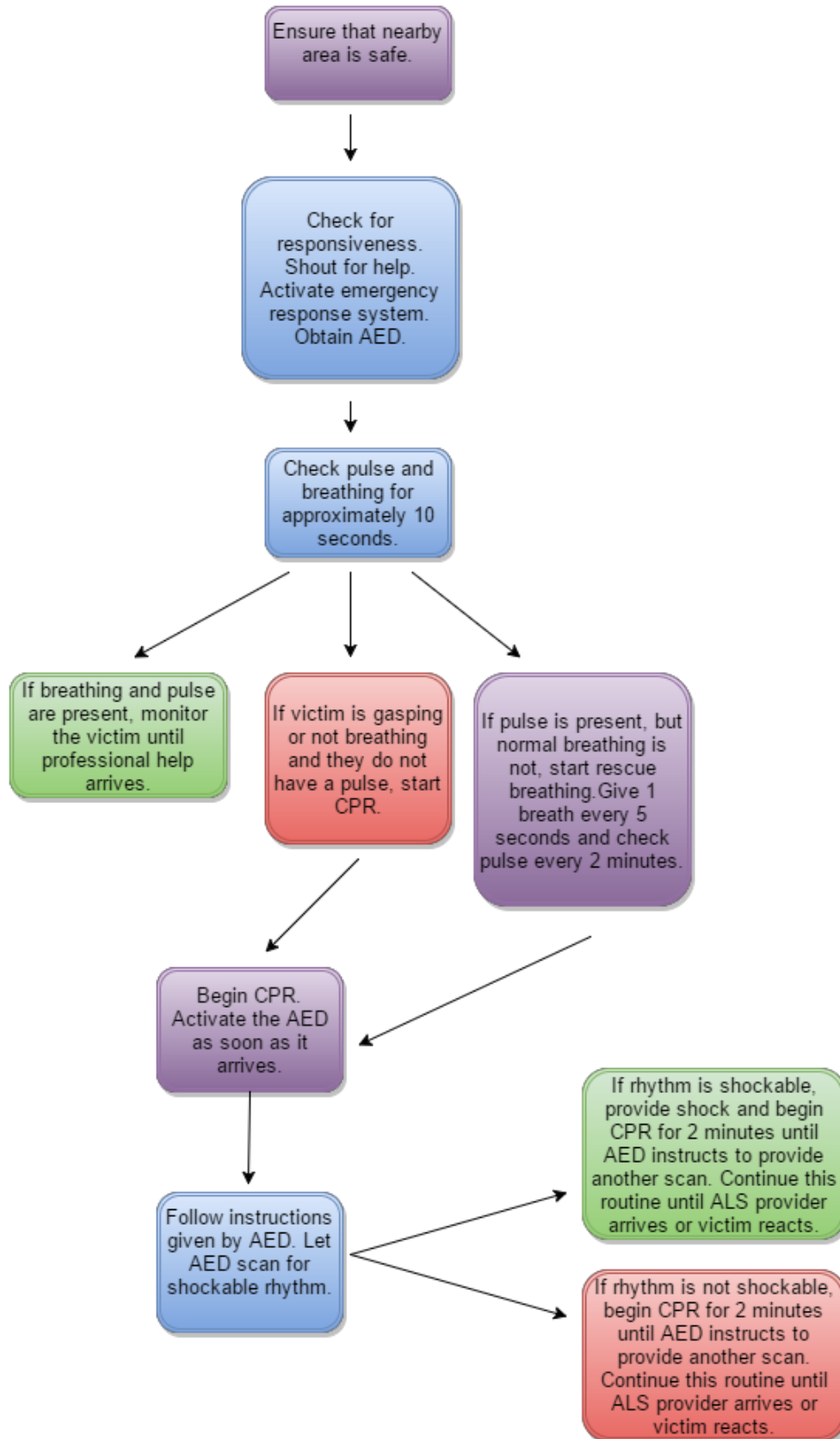
Maintain rescue breathing routine, while checking pulse every 2 minutes.

- If no pulse is present after rescue breathing routine, start CPR.
 - If lack of breathing, but presence of a pulse is due to a possible opioid overdose, give the victim naloxone.
- *If no breathing is present or the victim is gasping and there is no pulse:*
Begin CPR
 - Alternate between sets of 30 compressions and 2 breaths.
 - Once AED has arrived, check if the victim has a shockable rhythm.

If the rhythm is shockable, give the victim 1 shock. After the shock, continue CPR until prompted to perform another rhythm check by AED. Continue this routine until ALS providers arrive to take over or the victim responds.

If the rhythm is not shockable, continue CPR until the AED prompts to perform another rhythm check. Continue this routine until ALS providers arrive to take over or the victim responds.

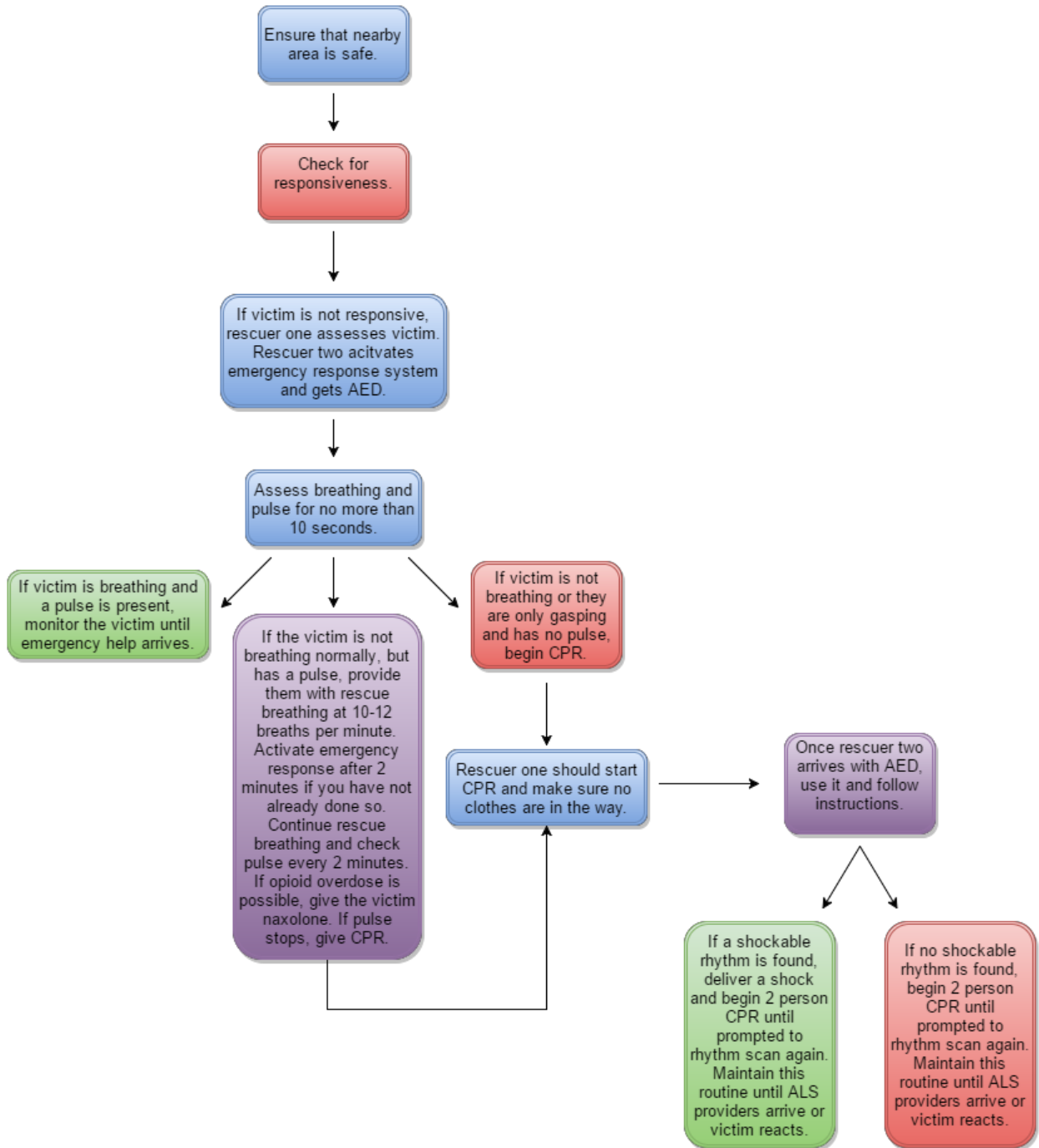
ADULT CPR- ONE RESCUER



ADULT CPR – TWO RESCUER

1. Ensure the scene is safe.
2. Check to see if the victim is responsive.
3. If the victim is not responsive:
 - Rescuer One assesses the victim
 - Rescuer Two activates the emergency response system and gets the AED
4. If the victim is not breathing normally and has no pulse:
 - Rescuer One begins CPR, starting with compressions, and prepares the chest for AED pad placement
 - When Rescuer Two returns, rescuers should switch roles; CPR should continue until the AED advises to not touch in order to analyze
 - When not operating the AED, the rescuer should be at the victim's head maintaining an open airway and providing ventilations
 - Rescuers should switch roles every two minutes.

ADULT CPR – TWO RESCUERS



ADULT PULSE CHECK TECHNIQUE

- 1. Locate the carotid on the side closest to you
- 2. Slide 3 fingers between trachea and neck
- 3. Check for pulse for 5 to 10 seconds before beginning CPR

ADULT CHEST COMPRESSION TECHNIQUE

- 1. Give 100 to 120 per minute
- 2. Compress a full two + inches in the center of the chest
- 3. Allow the chest to fully recoil between compressions

OPENING THE AIRWAY TECHNIQUES

- 1. Place one hand on the forehead and tilt head back
- 2. Place fingers under lower jaw near chin and carefully lift the jaw so that the chin comes forward
- 3. If neck, head, or spine injury is possible use alternate method:
 - Place hand on each side of head of victim.
 - Place you fingers under the lower jaw and carefully lift with both hands.

BARRIER DEVICES

Pocket Mask

1. Move to the side of victim.
2. Using the nose as a guide put the pocket mask on the face of the victim.
3. To seal the mask:
 - a. Place your index finger and thumb at the edge of the mask.
 - b. Using other hand put your thumb at the edge of the mask.
4. Use fingers that are not in use on your second and put them along the bony area of the jaw and lift. At this point, the rescuer should complete the head tilt and chin lift maneuver.
5. As the jaw is lifted, press around the outside of the mask to seal it to the victim's face. You may have to push firmly.
6. Give the victim a 1 second breath and be sure that their chest rises as they receive the breath.

Bag Mask

1. If only 1 rescuer is at the scene:
 - a. Be directly over the head of the victim
 - b. Put the bag mask on their face and position it correctly.
 - c. Hold the mask in the correct position and lift the jaw to open the victim's airways.
 - Perform the previously explained head tilt
 - Put the mask on the victim
 - Make a "C" shape with the thumb and index finger; apply force to the edges of mask
 - Use other fingers to lift the jaw and press the mask to the face.
 - d. Give 1 second breaths (squeezes) and ensure that the chest is rising.
2. If there is more than 1 rescuer at the scene:

The same methods are used as with only 1 rescuer, but essentially one rescuer will hold the victim's head in place and also hold the mask in place, while the other rescuer squeezes the bag to provide the victim with air.

CHAPTER TWO: INFANT CPR

INFANT CPR- ONE RESCUER

1. Check the scene for safety
2. Check for responsiveness and activate the emergency response system
3. Check for signs of breathing and pulse for no more than ten seconds

If breathing and pulse are normal:

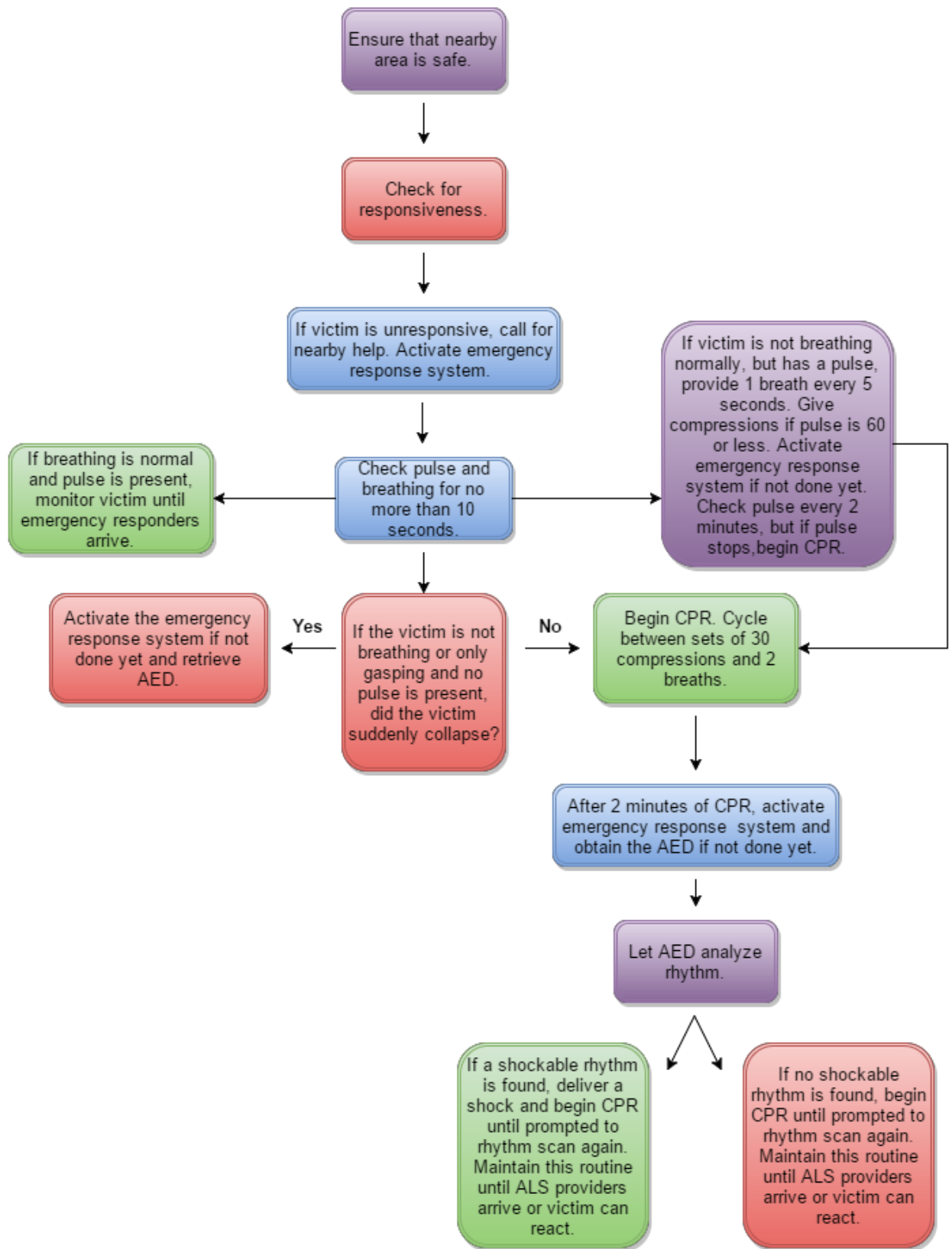
- Monitor the victim until help arrives

If the victim is not breathing but there is a pulse:

- Provide one rescue breath every three to five seconds
- Add compressions if pulse remains less than 60/min
- Continue rescue breathing with pulse checks every two minutes
- If pulse is lost, begin CPR

If the victim is not breathing and has no pulse:

- Be sure emergency response system has been activated
- Retrieve AED
- Begin CPR at the rate of 2 breaths to 30 compressions
- After about 2 minutes of CPR, follow AED procedures



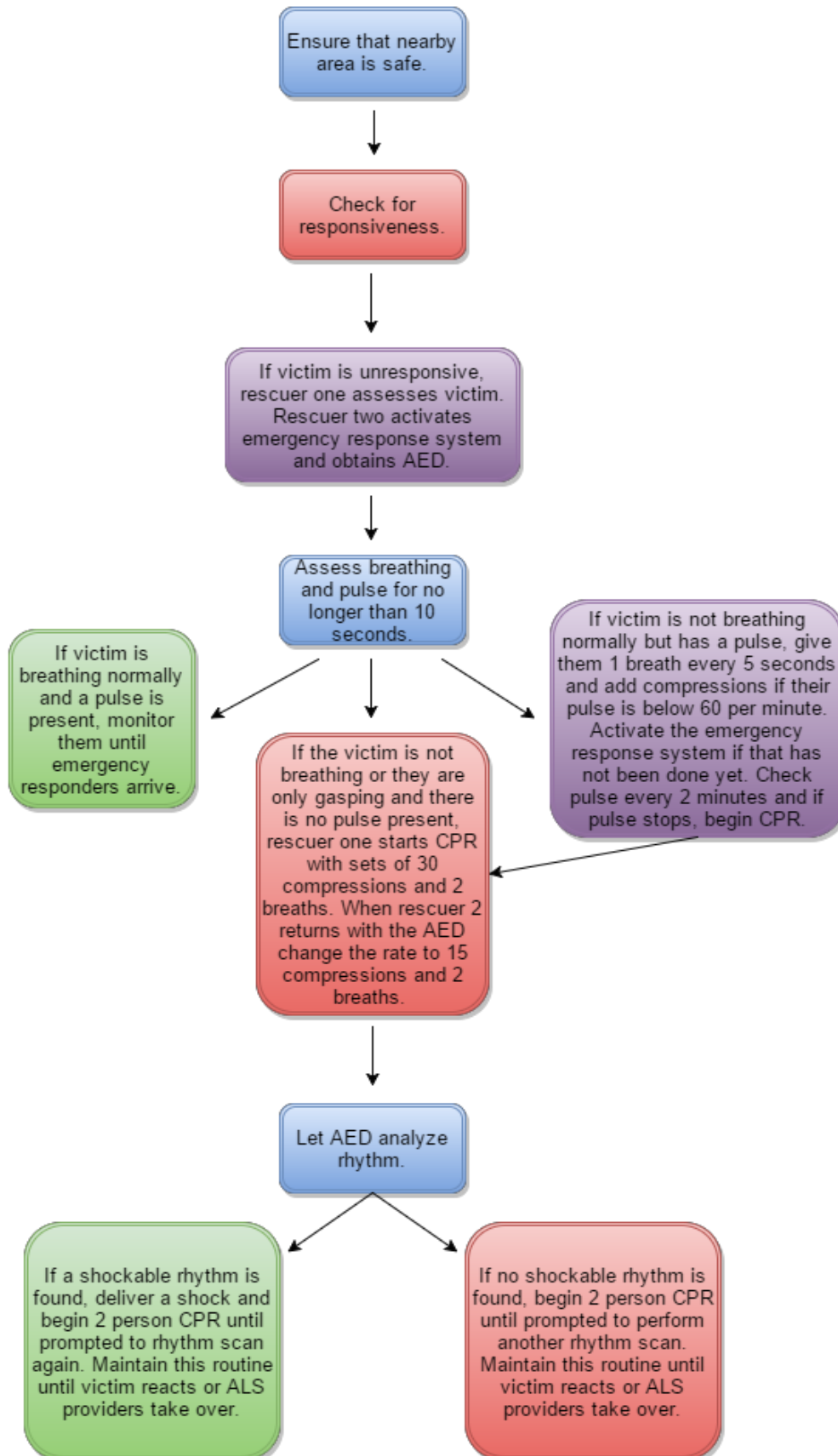
INFANT CPR: TWO RESCUERS

1. Check to be sure the scene is safe
2. Check the victim for responsiveness
If the victim is not responsive:
 - Rescuer One initiates ventilations and compressions, 2-finger technique
 - Rescuer Two activates the emergency response system and gets the AED
 - When Rescuer Two returns, that rescuer takes over ventilations
 - Rescuer One should then switch to two encircling hands-thumbs technique
 - Breaths/Compression rate should switch to a 15/2 ratio
3. After two minutes of CPR, begin AED if pediatric equipped, following manufacturer's prompts

Open the infant's airway in a "neutral" position to avoid neck injury

Infants are considered victims aged one and under

Compress with either two fingertips or two thumbs to a depth of approximately 1.5"



INFANT AND CHILD CPR- MULTIPLE RESCUERS