

THE ULTIMATE BLS FIELD GUIDE INFOGRAPHIC

911



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.



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**:

1. Deliver **chest** compressions, using quick, firm motions
2. 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



Wait for the AED to analyze victim's heart rhythm



Follow prompts from device to shock or not to shock



Continue to monitor victim's heart rhythm



Follow additional prompts from the device

What does Cardiac Arrest Look Like?

Common signs of cardiac arrest include:

- Sudden loss of consciousness
- Gasp 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 it 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 available.



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).

First Aid Training Study Guide

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