

# **BASIC LIFE SUPPORT**

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# Why is BLS so important?

- Ischemic Heart Disease is the leading cause of death in the world
- 1 in 3 deaths in the U.S. is cardiovascular
- 326,200 OOH Cardiac Arrests treated by EMS
- 209,000 In Hospital Cardiac Arrests
- Most victims will die without immediate and appropriate intervention

# Basic Life Support

- CAB remains the focus (perfusion)
- The Chain of Survival links in adults are unchanged
- Emphasis on maximizing compressions
  - Ensuring chest compressions of adequate rate
  - Ensuring chest compressions of adequate depth
  - Allowing full chest recoil between compressions
  - Minimizing interruptions in chest compressions
  - Avoiding excessive ventilation

# Basic Life Support


- In adult cardiac arrest, it is reasonable to perform chest compressions at a rate of 100/min to 120/min (note the new upper limit)
- During manual CPR, perform chest compressions to a depth of at least 2 inches or 5 cm for an average adult, while avoiding excessive chest compression depths (greater than 2.4 inches or 6 cm)
- Greater emphasis on minimizing pre and post shock pauses in compressions

# Basic Life Support

- When the victim has an advanced airway in place during CPR, rescuers no longer deliver cycles of 30 compressions and 2 breaths. Instead, it may be reasonable for the provider to deliver 1 breath every 6 seconds (10 breaths per minute) while continuous chest compressions are being performed
- It may be reasonable to use audiovisual feedback devices during CPR for real-time optimization of CPR performance

# New CPR Sequence


**CPR is as easy as**  
**C-A-B**



**C**ompressions  
Push hard and fast  
on the center of  
the victim's chest

**A**irway  
Tilt the victim's head  
back and lift the chin  
to open the airway

**B**reathing  
Give mouth-to-mouth  
rescue breaths

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*Learn and Live*

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# Compressions

- A compression is the act of pushing on the chest
- People often don't push hard enough because they're afraid of hurting the victim
- An injury is unlikely, but it is better than death
- It is better to push too hard than not hard enough

# Compressions

Step	Action
1	Make sure the person is lying on his back on a firm, flat surface.
2	Move clothes out of the way.
3	Put the heel of 1 hand on the lower half of the breastbone. Put the heel of your other hand on top of the first hand.
4	Push straight down <b>at least 2 inches</b> at a rate of <b>at least 100 compressions a minute</b> .
5	After each compression, let the chest come back up to its normal position.



A



B



# Give Breaths

- Compressions are the most important part of CPR
- If you are also able to give breaths, you will help even more
- Your breaths need to make the chest rise
- When the chest rises, you know the person has taken in enough air

# Open the Airway

Step	Action
1	Put 1 hand on the forehead and the fingers of your other on the bony part of the chin.
2	Tilt the head back and lift the chin.



# Give Breaths

Step	Action
1	While holding the airway open, pinch the nose closed.
2	Take a breath. Cover the person's mouth with your mouth.
3	Give 2 breaths (blow for 1 second each). Watch for the chest to begin to rise as you give each breath.



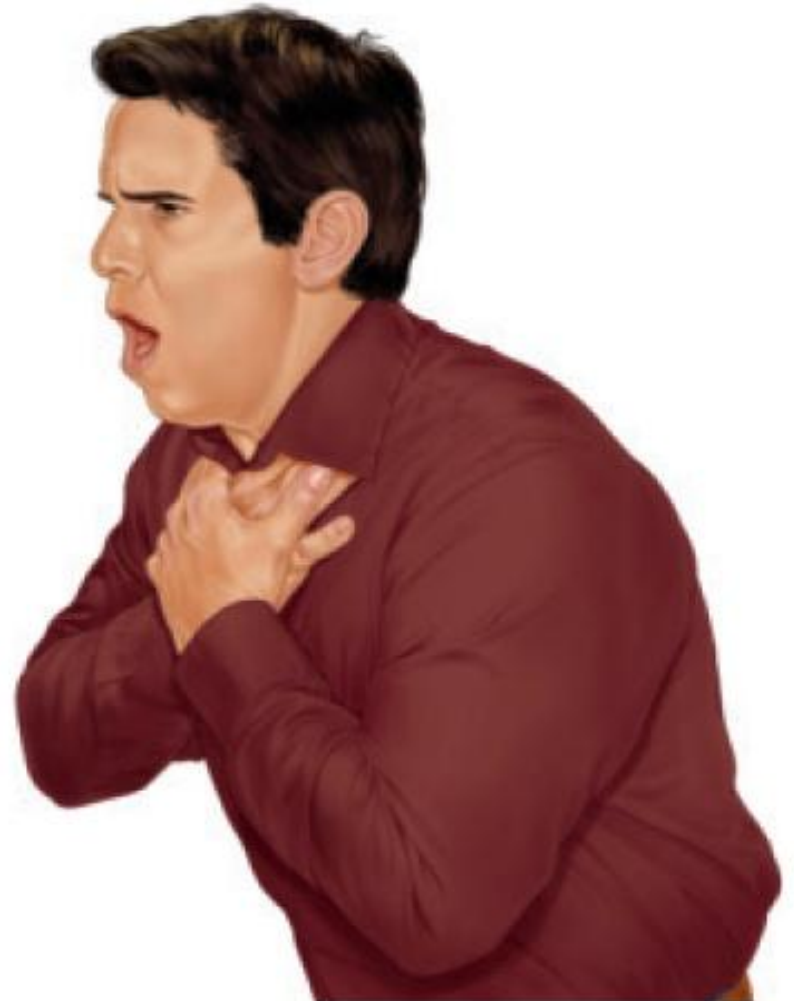
## Use an AED

- If you start CPR and then use an AED within a few minutes, you will have the best chance of saving a life
- AEDs are safe, accurate, and easy to use



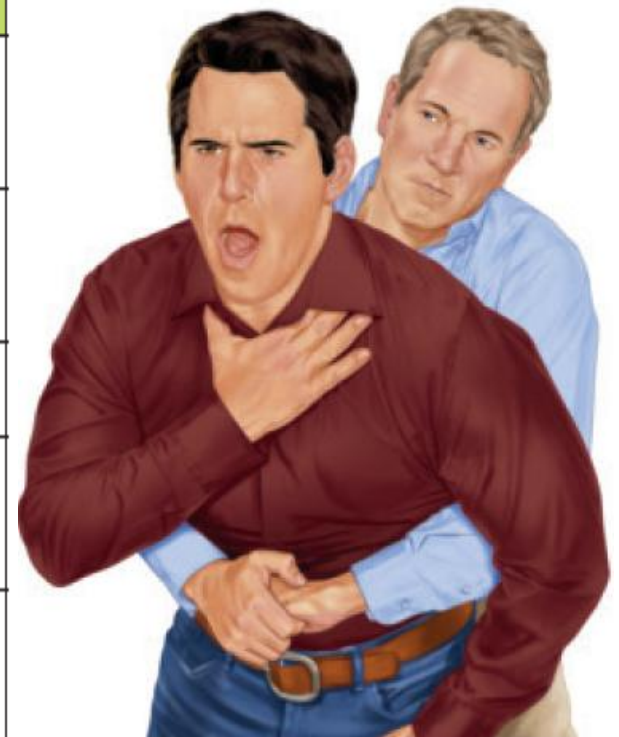
# Helping a Choking Adult

- If someone is choking, they might use the choking sign



# Helping a Choking Adult

Step	Action
1	If you think someone is choking, ask, "Are you choking?" If he nods yes, tell him you are going to help.
2	Get behind him. Wrap your arms around him so that your hands are in front.
3	Make a fist with 1 hand.
4	Put the thumb side of your fist slightly above his belly button and well below the breastbone.
5	Grasp the fist with your other hand and give quick upward thrusts into his abdomen.
6	Give thrusts until the object is forced out and he can breathe, cough, or talk, or until he stops responding.



**THANK YOU**