



**ADVANTAGE CPR**  
**INSTRUCTION**  
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## AMERICAN HEART ASSOCIATION BLS FOR HEALTHCARE PROVIDER STUDY GUIDE

<b>ADULT CPR</b> (1 and 2 Rescuer)	<b>CHILD CPR</b> (1 Rescuer)	<b>INFANT CPR</b> (1 Rescuer)	<b>CHILD and INFANT CPR</b> (2 Rescuers)
Shake victim, or Tap and Shout “Are you OK?”	Shake victim, or Tap and Shout “Are you OK?”	Shake or tap bottom of baby’s foot and Shout “Are you OK?”	<b>Compression to Breath ratio drops to 15 compressions and 2 breaths .</b>
<b>NO RESPONSE:</b> Call 911 or send someone else to do so. Get an AED if one is available.	<b>NO RESPONSE:</b> If alone, and arrest was not witnessed begin the C-A-B (If arrest was witnessed, dial 911 right away.)	<b>NO RESPONSE:</b> If alone, and arrest was not witnessed begin CAB’s of CPR. (If arrest was witnessed, dial 911 right away.)	
Check for a pulse. Take no more than 10 seconds.	Check for a pulse located at the Carotid artery.	Check for a pulse located at the Brachial artery.	
BEGIN COMPRESSIONS: Draw an imaginary line between the victim’s nipples. Place the palm of one hand just below that line. Place your other hand on top.  Compress the chest of victim with two hands at the depth of at least 2 inches. Give 30 compressions.	BEGIN COMPRESSIONS: Draw an imaginary line between the child’s nipples. Place the palm of one hand just below that line.  Compress the chest of victim with <u>One or two hands</u> at the depth of about 1 ½ inches. Give 30 compressions.	BEGIN COMPRESSIONS: Draw an imaginary line between the infant’s nipples. Place two fingers just below that line.  Compress the chest of victim with two hands at the depth of about 1/3 to ½ the depth of the infant’s chest. Give 30 compressions.	<b>OTHER TOPICS COVERED:</b>  Pocket Masks BVM / Ambu Bags Face Shields
Open airway by tilting the head back and lifting the chin Pinch nose and give two (2) slow Breaths, each lasting approx. 1 second	Open airway by tilting the head back and lifting the chin Pinch nose and give two (2) slow Breaths, each lasting approx. 1 second	Pinch nose and give two (2) slow Breaths, giving just enough air to see chest rise. When giving mouth to mouth, you may cover the infant’s nose and mouth with your mouth.	AED USE
Continue with compressions. Five (5) cycles of 30 compressions and (2) breaths should take about two (2) minutes.	Continue with compressions. Five (5) cycles of 30 compressions and two (2) breaths should take about two (2) minutes.	Continue with compressions. Five (5) cycles of 30 compressions and two (2) breaths should take about two (2) minutes.	Relieving a foreign body airway Obstruction (CHOKING)

New AHA Guidelines also include HANDS - ONLY CPR: At least 100 compressions every 60 seconds.

Remember the new sequence: C = Compressions      A = Airway      B = Breathing