



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

ADULT CPR (1 and 2 Rescuer)	CHILD CPR (1 Rescuer)	INFANT CPR (1 Rescuer)	CHILD and INFANT CPR (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?”	Compression to Breath ratio drops to 15 compressions and 2 breaths .
NO RESPONSE: Call 911 or send someone else to do so. Get an AED if one is available.	NO RESPONSE: If alone, and arrest was not witnessed begin ABC’s of CPR. (If arrest was witnessed, dial 911 right away.)	NO RESPONSE: If alone, and arrest was not witnessed begin ABC’s of CPR. (If arrest was witnessed, dial 911 right away.)	
Open airway by tilting the head back and lifting the chin	Open airway by tilting the head back and lifting the chin	Open airway by GENTLY tilting the head back and lifting the chin	OTHER TOPICS COVERED:
Check for breathing: Look, Listen and feel for breath	Check for breathing: Look, Listen and feel for breath	Check for breathing: Look, Listen and feel for breath	AED USE
Pinch nose and give two (2) slow Breaths, each lasting approx. 1 second	Pinch nose and give two (2) slow Breaths, each lasting approx. 1 Second (enough to see chest rise)	Pinch nose and give two (2) slow Breaths, giving just enough air to see chest rise	Relieving a foreign body airway Obstruction (CHOKING)
Check for a pulse located at the Carotid artery.	Check for a pulse located at the Carotid artery.	Check for a pulse located at the Brachial artery.	Advanced Airway
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 1 ½ to 2 inches. Give 30 compressions. 5 cycles of 30 compressions to 2 Breaths should take about 2 minutes.	Draw an imaginary line between the child’s nipples. Place the palm of one hand just below that line. You may use one, or two hands if needed. Compress the chest of victim at 1/3 to ½ of the chest’s depth. Give 30 compressions. 5 cycles of 30 compressions to 2 breaths should take about 2 minutes.	Draw an imaginary line between the Infant’s nipples. Place two fingers just below that line. Compress the chest of victim at 1/3 to ½ of the depth of the infant. Give 30 compressions. 5 cycles of 30 compressions to 2 Breaths should take about 2 minutes.	Barrier Devices: Pocket Masks BVM / Ambu Bags Face Shields
Change partners or continue until further help arrives or an AED is Available.	After 5 cycles of CPR, call 911 if You have not already done so. Use AED if available.	After 5 cycles of CPR, call 911 if You have not already done so. Continue CPR.	The AHA Chain of Survival

A = AIRWAY B = BREATHING C = CIRCULATION