

# **2012 Basic Life Support Study Guide**

Definitions:

Infant: newborn to one year old

Child: one year to puberty

Adult: puberty on...

Perform chest compressions if:

the HR is <60 bpm in infant/child

the HR is <40 bpm in an adult

A bag-mask device is not advisable during one rescuer CPR

After you deliver a shock with an AED, resume chest compressions for 2 minutes or five cycles of 30:2, check pulse in less than 10 seconds

Hand positioning with chest compressions:

Child/Adult – lower half of sternum

Infants – one finger breadth below nipple line

Depth of compressions:

Adult – at least 2 inches

Child – one-third to one half depth of chest, but at least 2 inches

Infant- one-third to one half depth of chest, but at least 1.5 inches

Turn on the AED FIRST...it will tell you what to do next.

Adult pads (yellow connector) can be used in all age groups

Pediatric pads (pink connector) infant child only

Foreign body obstruction:

Conscious infant – 5 back slaps, then 5 chest thrusts

Conscious child/adult – abdominal thrusts chest thrust in pregnant/obese

Unconscious infant/child/adult – chest compressions, look in airway, attempt ventilations

Pulse checks 5- 10 seconds to recognize and begin chest compressions

Rates: at least 100 compressions a minute in all age groups (30 compressions should take approx 18 sec)

2 rescuer infant CPR – 15:2, 2 thumb-encircling works best here

2 rescuer child CPR – 15:2

2 rescuer adult CPR (no advanced airway) – 30:2

2 rescuer adult CPR (advanced airway in place), no spontaneous pulse or respirations – continuous compressions at least 100 per minute and 1 respiration every 6-8 seconds

Adult CPR with pulse, but no respirations – one respiration every 5-8 seconds (about 12 per minute)

Infant/Child CPR with pulse, but no respirations – one respiration every 3-5 seconds (about 20 per minute)

1 rescuer infant/child/adult CPR: 30:2

Turn to recovery position with pulse and respirations, left side if pregnant