

**Basic Life Support Study Guide**

Make sure the scene is safe before beginning

Definitions:

Infant: newborn to one year old Child: one year to puberty  
Adult: puberty on…

Perform chest compressions if:  
HR is <60 bpm in infant/child  
HR is <40 bpm in an adult

A bag-mask device is not advisable during one rescuer CPR  
  
Simultaneously assess breathing and pulse in the initial 5-10 seconds. If no pulse and gasping, begin CPR  
  
Complete 30 chest compressions in 15-18 seconds

Compress at a rate of 100-120/minute, switch doing compressions every 2 minutes

Hand positioning with chest compressions: Child/Adult – lower half of sternum

Infants – one finger breadths below nipple line

Depth of compressions:

infant 1.5 inches 4 cm  
 child 2 inches 5 cm  
 adult 2 – 2.4 inches 5-6 cm  
(one-third AP diameter of chest, allow adequate recoil)

Turn on the AED FIRST…it will tell you what to do next. Can use adult pads on infants/not the reverse

For drowning victims, pull out of water and wipe the chest before using an AED

After shock with an AED, resume chest compressions for 2 minutes or five cycles of 30:2, check pulse (<10 secs)

FB in the airway

Conscious infant – 5 back slaps, then chest thrusts

Conscious child/adult – abdominal thrusts

Unresponsive infant/child/adult – begin CPR with chest compressions, look in mouth for FB  
Only chest thrust in pregnant females

Rates: 2 rescuer infant CPR – 15:2, thumb-encircling works best here, perform 15 compressions in 7-9 seconds

2 rescuer child CPR – 15:2

2 rescuer adult CPR (no advanced airway) – 30:2, at least 100 compressions/minute

2 rescuer adult CPR (advanced airway in place), no spontaneous pulse or respirations –continuous compressions at least 100-120 per minute and 1 respiration every 6-8 seconds

Adult CPR with pulse, but no respirations – one respiration every 5-8 seconds

Child CPR with pulse, but no respirations – one respiration every 3-5 seconds 1 rescuer infant/child/adult CPR: 30:2

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