

BLS RECERTIFICATION PREP MATERIALS

ADULT/CHILD ONE PERSON RESCUE

1. Check for response
2. Activate the 9-1-1 system and call for an AED
3. Open the victim's airway with a head-tilt, chin lift
4. Look, listen and feel for breathing
5. If the victim is not breathing adequately, give two rescue breaths watching for chest rise
6. Check for circulation
7. Begin chest compressions at the depth of 1/5 -2 inches using two hands
8. Perform chest compressions at the rate of 100 per minute
9. Perform 30 chest compressions
10. Retilt the head and give 2 breaths
11. Continue cycles of 2 breaths and 30 compressions
12. Interrupt as little as possible to increase effectiveness

PEDIATRIC UNRESPONSIVE ONE PERSON RESCUE

1. Check for response
2. Open the victim's airway with a head-tilt, chin lift
3. Look, listen and feel for breathing
4. If the victim is not breathing adequately, give two rescue breaths watching for chest rise
5. Check for circulation
6. Begin chest compressions at the depth of 1/5 -2 inches using two hands
7. Perform chest compressions at the rate of 100 per minute
8. Perform 30 chest compressions
9. Retilt the head and give 2 breaths
10. Continue cycles of 2 breaths and 30 compressions for two minutes
11. Activate the 911 system

INFANT TWO PERSON RESCUE

1. Check for response
2. Open the victim's airway with a head-tilt, chin lift
3. Look, listen and feel for breathing
4. If the victim is not breathing adequately, give two rescue breaths watching for chest rise
5. Check for circulation
6. Begin chest compressions rescuer #2 using "encircling hands, thumbs technique"
7. Perform chest compressions at the rate of 100 per minute
8. Perform 30 chest compressions
9. Retilt the head and give 2 breaths
10. Continue cycles of 2 breaths and 30 compressions for two minutes

AED OPERATION

1. Power on the machine
2. Place the pads correctly on the chest
3. Allow the machine to analyze – do not touch because the AED will read your rhythm
4. Deliver a shock if advised – do not touch because you will be shocked
5. If the machine states “no shock indicated” begin the steps of CPR
6. Rapid response increases the likelihood of effectiveness
7. Only use adult equipment on adults

RESPONSIVE CHOKING ADULT/CHILD

1. Stand behind the victim
2. Place your first, thumb side down on the victim’s abdomen
3. Hold your fist with the opposite hand
4. Deliver inward and upward thrusts until the object is removed
5. If the victim becomes unresponsive, begin the steps of CPR

RESPONSIVE INFANT CHOKING

1. Place the infant in football position on your forearm
2. Deliver 5 back slaps
3. Turn the victim over on their back
4. Deliver 5 chest compressions
5. Repeat until the object is removed
6. If the victim becomes unresponsive, begin the steps of CPR