



BLS/ CPR CHECKLIST

1 Assess the victim and activate the emergency response system (this must precede starting compressions) within 30 seconds. After determining that the scene is safe:

- Check for responsiveness by tapping and shouting
- Shout for help/direct someone to call for help and get AED/defibrillator
- Check for no breathing or no normal breathing (only gasping)
 - Scan from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
- Check carotid pulse
 - Can be done simultaneously with check for breathing
 - Check for a minimum of 5 seconds and no more than 10 seconds

2 Perform high-quality chest compressions (Initiate compressions immediately after recognition of cardiac arrest)

- Correct hand placement
 - Lower half of sternum
 - 2-handed (second hand on top of the first or grasping the wrist of the first hand)
- Compression rate of 100 to 120/min
 - Deliver 30 compressions in 15 to 18 seconds
- Compression depth and recoil-at least 2 inches (5 cm) and avoid compressing more than 2.4 inches (6 cm)
 - Complete chest recoil after each compression
- Minimize interruptions in compressions
 - Deliver 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle
 - Compressions resumed immediately after shock/no shock indicated

3 Provide 2 breaths by using a barrier device

- Opens airway adequately
 - Use a head tilt-chin lift maneuver or jaw thrust
- Deliver each breath over 1 second
- Deliver breaths that produce visible chest rise
- Avoid excessive ventilation
- Resume chest compressions in less than 10 seconds

4 AED use

- Power on AED
 - Turn AED on by pushing button or lifting lid as soon as it arrives
- Correctly attaches pads
 - Place proper-sized (adult) pads for victim's age in correct location
- Clear for analysis
 - Clear rescuer from victim for AED to analyze rhythm (push analyze button if required by device)
 - Communicate clearly to all other rescuers to stop touching victim
- Clear to safely deliver shock
 - Communicate clearly to all other rescuers to stop touching victim
- Safely deliver a shock
 - Resume chest compressions immediately after shock delivery
 - Does not turn off AED during CPR

5 Resume compressions

- Ensures that high-quality for chest compressions are resumed immediately after shock delivery
 - Perform same steps compressions