Adult BLS

1. Establish Unresponsiveness (No breathing or inadequate breathing)
2. • Call Code/Activate EMS
   • Get AED/defibrillator
3. Palpable pulse within 10 seconds?
   Yes
   4. Maintain Patient Airway
      • Administer 1 breath every 5-6 sec
      • Reassess for pulse every 2 min
   No
   5. Immediately begin chest compressions at a ratio of 30 compressions: 2 breaths
5. 6. As soon as AED/defibrillator is available, assess cardiac rhythm
   7. Shockable Rhythm?
      Yes
      8. Administer shock
         • Immediately resume CPR for 2 min
      No
      9. Immediately resume CPR for 2 min
         • Check rhythm every 2 min for changes (shockable?)
         • Continue until patient is revived or Advanced Care Providers relieve you
   9. Compression rate > 100/min
      • Compress chest to depth of at least 2 inches
      • Allow for complete chest recoil
      • Minimize interruptions
      • Avoid hyperventilation

High-Quality CPR