

# THE ULTIMATE BLS FIELD GUIDE INFOGRAPHIC

Basic life support (BLS) skills can make the difference between life and death for a patient. A BLS field guide and summary sheet are essential for preparing responders for any resuscitation event.

SureFire CPR

911



## BLS Core Components

The two primary components of BLS are **cardiopulmonary resuscitation (CPR)** and automated external **defibrillator (AED)** use.



## 3 Steps of CPR

CPR involves a series of chest compressions and ventilation. To administer CPR, follow the **3 steps of CAB**:

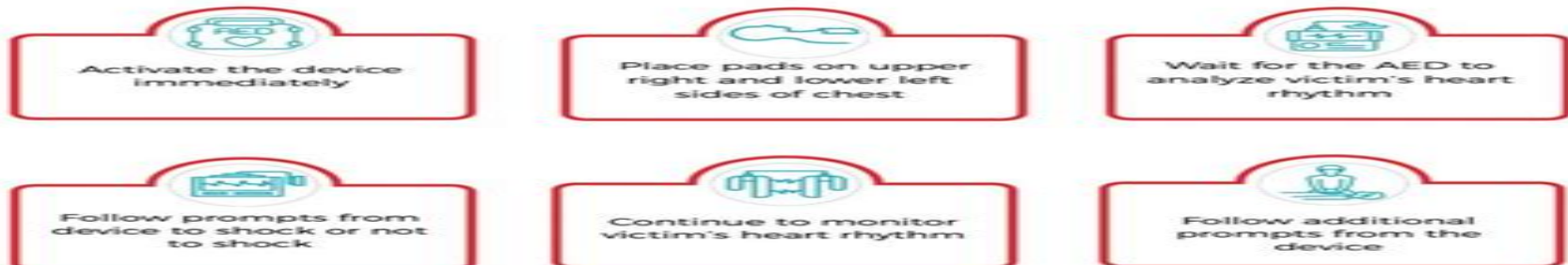
1. Deliver **chest** compressions, using quick, firm motions
2. Open the **airway** by tilting the head and lifting the chin
3. Administer **breaths** (mouth-to-mouth breathing)



## Steps for AED Use

An AED is an effective and relatively simple device to use in the event of cardiac arrest. **To operate an AED, follow these steps:**

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## What does Cardiac Arrest Look Like?

**Common signs of cardiac arrest include:**

- Sudden loss of consciousness
- Gasp for air or not breathing at all
- No response to shaking or shouting
- No pulse detected within 10 seconds

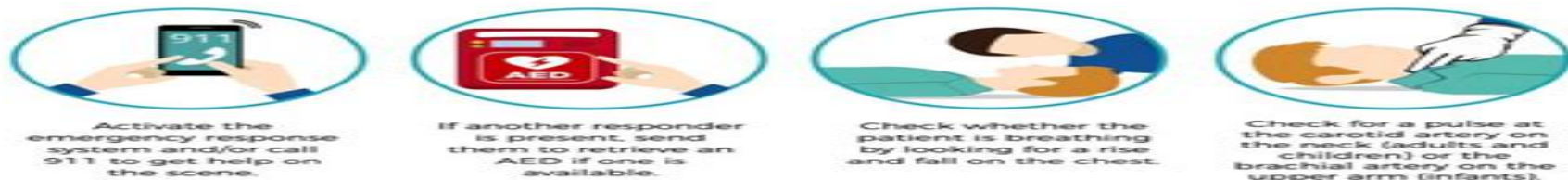


## Assessing the Situation and the Patient

**When you encounter a person in need of assistance:**

Confirm the scene is safe before approaching the victim. If it is not, call 911 from a safe location

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# Bls Reference Guide

**M Lipman**



## **Bls Reference Guide:**

*Publications of the U.S. Department of Labor, Subject Listing* United States. Department of Labor,1995      Guide to the Use of Libraries Margaret Hutchins,1922      A Framework for Planning U.S. Federal Statistics for the 1980's United States. Office of Federal Statistical Policy and Standards,1978      **NLSY97 User's Guide** ,2001      **Platers' Guide** ,1919

**Report to Federal Statistical Agencies** United States. Office of Management and Budget. Statistical Policy Division,1976      *A Guide to Federal Data Sources on Manufacturing* United States. Domestic and International Business Administration,1977      The Brass World and Platers Guide ,1919      Statistical Reporter ,1976      User's Guide to Labor Market Information Angie Hermes,1994      *Statistical Reporter* United States. Office of Management and Budget,1976

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Employee Benefits Journal ,2003      **NLS News** ,2001      **The Impact and Export Trade; Or, Modern Commercial Practice (formerly Known as Modern Business Methods) Being a Guide to the Operations Incidental to the Trade of the United Kingdom, with the Customary Documents and Correspondence** Frederick Hooper,James Graham (Inspector to the West Riding County Council),1912      *Paper Trade Journal* ,1924      **Daily Labor Report** ,1995

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