

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:**

SureFire CPR



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

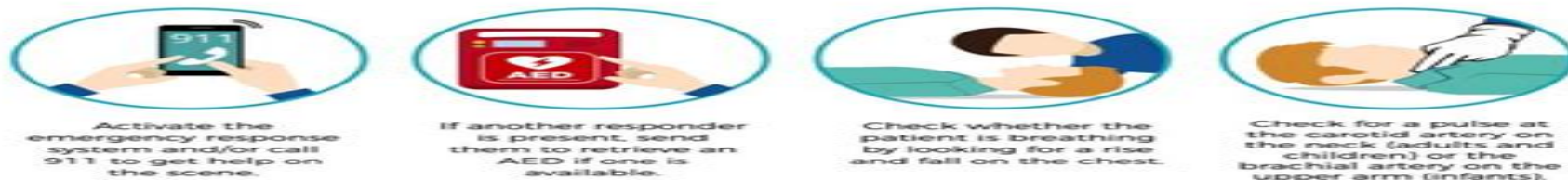


Assessing the Situation and the Patient

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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**United States. Office of Management
and Budget. Statistical Policy Division**



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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 *Government Reference Books 88/89* LeRoy C. Schwarzkopf,1990-09 Cited in BCL3 Arranged in four main sections general library reference social sciences science and technology and humanities the guide annotates atlases bibliographies catalogs compendiums dictionaries directories guides handbooks indexes and other reference aids issued by the government Bibliographic citations include series notations LC card numbers ISBNs and ISSNs OCLC numbers Monthly catalog numbers GPO sales stock numbers S N prices current as of date of publication SuDocs numbers depository library shipping list numbers item numbers and LC classification numbers Annotation copyrighted by Book News Inc Portland OR

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