

**AHA BLS**

for the

**Health Care Provider**

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FRANCHISING**

**CLIFTON PARK  
SARATOGA 2013**

# CCC abc

- Check Scene, Person: Tap Shout “Are you OK”
- Call 911 and get the AED
- Care
  - Look for Signs of Life
  - Airway Open with Head Tilt Chin Lift
  - Breathing: Look, Listen, Feel 10s... breaths
  - Circulation: Check Pulse 10s

# Pulse

- Has pulse
- Rescue Breathing
  - Adult 1 breath every 5s
  - Child Infant 1 every 3-5s
  - Keep going until: help arrives, Emergency Move, AED comes, Too Tired
  - Breaths take 1s
  - Make Chest Rise
- No Pulse
- CPR
  - 30:2 Adult, Child, Infant
  - Keep going until: help arrives, Emergency Move, AED comes, Too Tired
  - Two Person 30.2 Adult and Child 15:2 Infant
  - Infant Compression technique around body, thumbs compress

# Compressions

- Rate 100/min
- 5 Cycles in 2min
- Hands Center of Sternum:
  - Adult two hands
  - Child one hand
  - Infant two fingers
- Adult: 2-1 1/2"
- Child: 1 1/2 to 1"
- Infant: 1-1/2"
- Bee Gees: *Stay-in Alive!*
- Single Person CPR:
  - Child/Infant/Adult 30:2
- Two Person CPR:
  - Adult/Child: 30:2
  - Infant: 15:2

# Ventilation Devices

- Mouth to Barrier

- Effective in disease transmission

- Mask

- Effective for disease transmission
- Creates good seal with proper technique

- Bag Valve Mask

- More effective as uses ambient air (more O<sub>2</sub>)
- Can add O<sub>2</sub>
- Not recommended for single user

# Conscious Choking

- Adult/Child
  - Check, **Call**, Care: 5 Back Blows-5 Abdominal Thrusts
  - Keep going until comes out, help arrives, goes unconscious
- Infant
  - Check, Call, Care
  - Infant pick up technique: Hand under chin forearm aligned with body: 5 Back Blows-5 Abdominal Thrusts
  - Keep going until comes out, help arrives, goes unconscious

# Unconscious Choking

- Check, Call, Care
  - Open Airway, Look for signs life, pulse, movement, etc, 10s
  - No sign of life: Begin CPR! 30:2
  - Upon giving breaths, they do not go in: ALWAYS Re-tilt try again
  - Still do not go in: Compressions (same as CPR)
  - Foreign Body Check
  - If See Something:
    - Tongue and Jaw Lift
    - Finger Sweep
- Continue until breaths: DO NOT GO In continue above
  - Breaths Go In: Check Circulation begin CPR if Necessary



# AED

- Arrives: **TURN ON! Follow Instructions**
- Place on same side as you
- Pads Upper Rt , Lower Lft, Bare Chest
- **Follow Instructions**
- Keep people clear
- When NOT to use:
  - Standing water
  - Remove jewelry that is in the way
- Items in AED: Gloves, Razon, Succors, Alcohol Wipe, Breathing Barrier

# Two/Three Person CPR

- With BVM best with Three (One holds mask to face, one squeezes for breath one provides compressions)
- Person placing the BVM on Face does the CCC,ABC
- If CPR Needed, Rescuer at the head says, “Begin Compression.” 30 for adult/child, 15 for infant
- 2 Breaths,
- If Compressor calls for a change (Compressions are fatiguing) Person at the head moves everyone in their choice clock/counterclockwise position.
- New person at Head, Re-Acess and begin what is needed

# In General

- If person becomes conscious or begins to aspirate: put in Recovery Position
- Single rescuer CPR for Infant, preferred hand position is thumbs for compression with hands encircling body
- Do we provide chest compression on pregnant...YES
- Do we put AED on Pregnant...YES
- Early Recognition, Active EMS, High Quality CPR, Defibrillation, Post Cardiac Arrest Care, Recovery
- Aspirin?
- Bad Bleeding? Tourniquet first then CPR