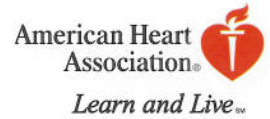

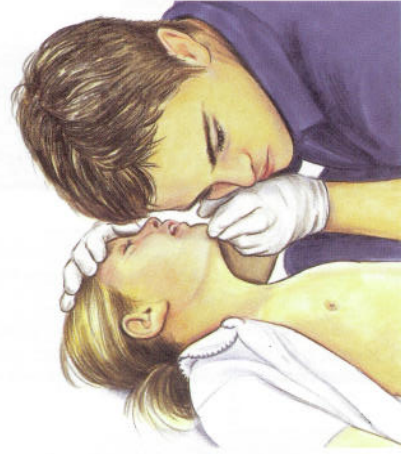
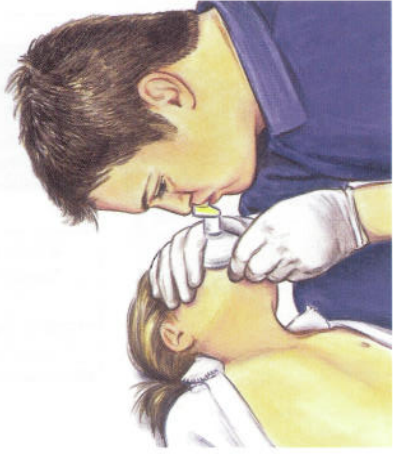
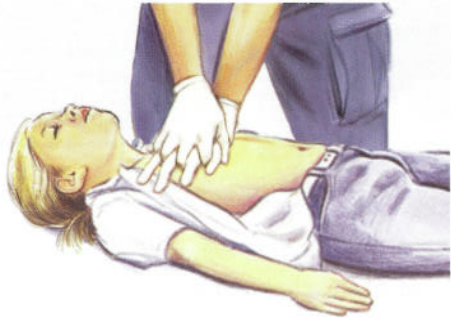
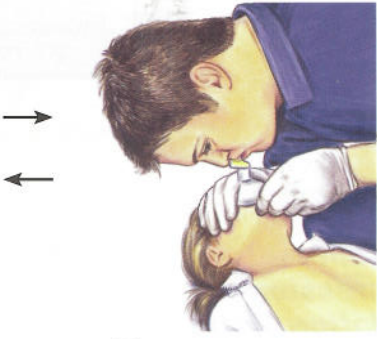


# BLS for Healthcare Providers Course

## 1-Rescuer Child CPR Practice Sheet



<b>Performance Guidelines</b>	
<p>Check for response</p> <ul style="list-style-type: none"> <li>• If there is no response, shout for help Send someone to activate the emergency response system and get the AED</li> </ul>	
<p>Open the airway</p> <ul style="list-style-type: none"> <li>• Head tilt–chin lift</li> </ul> <p>Check for breathing (take at least 5 and no more than 10 seconds)</p> <ul style="list-style-type: none"> <li>• Look, listen, and feel</li> </ul> <p>If no breathing, give 2 breaths</p> <ul style="list-style-type: none"> <li>• Make the chest rise (you may need to try a couple of times to give a total of 2 breaths that make the chest rise)</li> </ul> <p>Check pulse</p> <ul style="list-style-type: none"> <li>• Take at least 5 seconds and no more than 10 seconds</li> </ul>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Open airway, check breathing</p> </div> <div style="text-align: center;">  <p>Give 2 breaths</p> </div> </div>
<p>If no pulse or if heart rate is less than 60 beats per minute with signs of poor perfusion, start cycles of 30 compressions and 2 breaths:</p> <ul style="list-style-type: none"> <li>• 30 compressions (push hard, push fast)</li> <li>• Rate of 100 per minute</li> <li>• 2 breaths</li> </ul> <p><i>Minimize interruptions in chest compressions; try to keep interruptions to 10 seconds or less</i></p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><b>30</b></p> </div> <div style="text-align: center;">  <p><b>2</b></p> </div> </div>
<p>After 5 cycles, if alone, activate the emergency response system and get the AED</p>	