

BLS for Healthcare Providers Course

1-Rescuer Adult CPR Practice Sheet



HEART & STROKE
FOUNDATION
OF CANADA

Finding answers. For life.

American Heart
Association

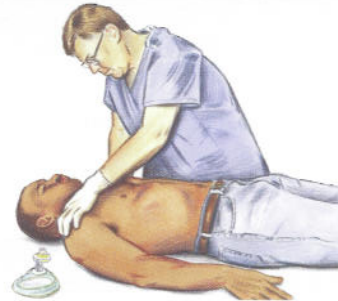


Learn and Live™

Performance Guidelines

Check for response

- If there is no response, shout for help. If no help is available, activate the emergency response system and get the AED



Open the airway

- Head tilt–chin lift

Check for adequate breathing (take at least 5 and no more than 10 seconds)

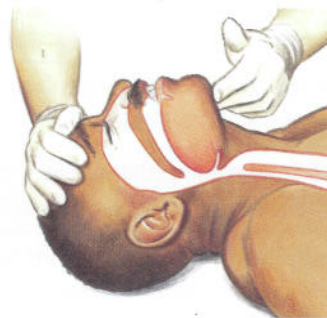
- Look, listen, and feel

If no adequate breathing, give 2 breaths

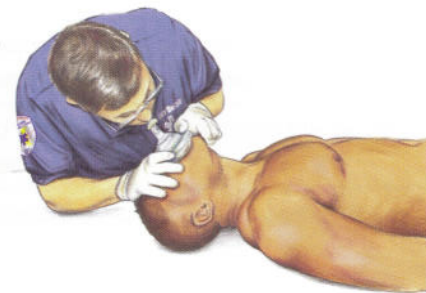
- Make the chest rise

Check pulse

- Take at least 5 and no more than 10 seconds



Open airway

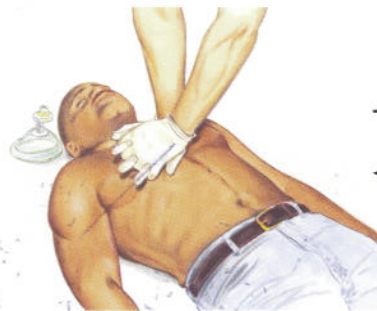


Give 2 breaths

If no pulse, start cycles of 30 compressions and 2 breaths:

- 30 compressions (push hard, push fast)
- Rate of 100 per minute
- 2 breaths

Minimize interruptions in chest compressions; try to keep interruptions to 10 seconds or less



30



2