



## No Stress BLS



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# BLS - CAB

## Circulation - Airway - Breathing

Steps to begin:
<ul style="list-style-type: none"> <li>• Scene Safety: When you first see the victim, scan the area to be sure it is safe for you to approach</li> <li>• Determine responsiveness</li> <li>• Activate EMS / call a code / get an AED</li> <li>• CAB– check for a pulse (circulation) and breathing at the same time for 5-10 seconds - if no pulse – start compressions.</li> </ul>

### Compression to Ventilation Ratio's, Speed, and Depths

Class	Age	Compression speed	One Rescuer CPR	Two Rescuer CPR	Depth of compression
Adult	Older than puberty	100-120 per minute	30:2	30:2	<i>At least 2 inches</i> (no more than 2.4 inches)
Child	Age 1 to puberty	100-120 per minute	30:2	15:2	<i>At least 1/3 chest depth</i> (about 2 inches)
Infant	Under 1 year old	100-120 per minute	30:2	15:2	<i>At least 1/3 chest depth</i> (about 1 1/2 inches)

### Important Ventilation Facts

Condition	Breaths per minute	How often?	Notes
<b>RESCUE BREATHING</b> The patient has a pulse, but is not breathing	<b>Adult:</b> 10 bpm <b>Pediatric:</b> 20-30 bpm	<b>Adult:</b> 1 breath every 6 seconds  <b>Pediatric:</b> 1 breath every 2-3 seconds	Breaths only, no CPR  Compressions are not needed
<b>CPR with ETT / LMA</b>	<b>Adult:</b> 10 bpm <b>Pediatric:</b> 20-30 bpm	<b>Adult:</b> 1 breath every 6 seconds  <b>Pediatric:</b> 1 breath every 2-3 seconds	Continuous compressions

## AED

### AED: Automated External Defibrillator

- AED's are recommended for all ages.
- Use as soon as it is available. **CONTINUE COMPRESSIONS** while applying pads if more than 1 rescuer.
- First - **TURN ON AED**. AED's are like computers and need to boot-up. Then apply pads to patient's bare chest. Shirts and bras should be removed. Hairy chests may need to be shaved for shock to be adequate.
- AED's are designed for non-healthcare providers.
- Healthcare Providers will follow prompts, but will **CONTINUE COMPRESSIONS WHILE THE DEFIBRILLATOR CHARGES**. Clear patient before shock is given. **RESUME COMPRESSIONS immediately after shock**. No pulse checks after shock.
- Rapid defibrillation is important to survival because it eliminates the abnormal heart rhythm so a regular cardiac rhythm can be restored
- Patients cannot be submerged in water. Remove from water and dry chest area.
- Remove medical patches and dry the area.

## High-Performance Teams

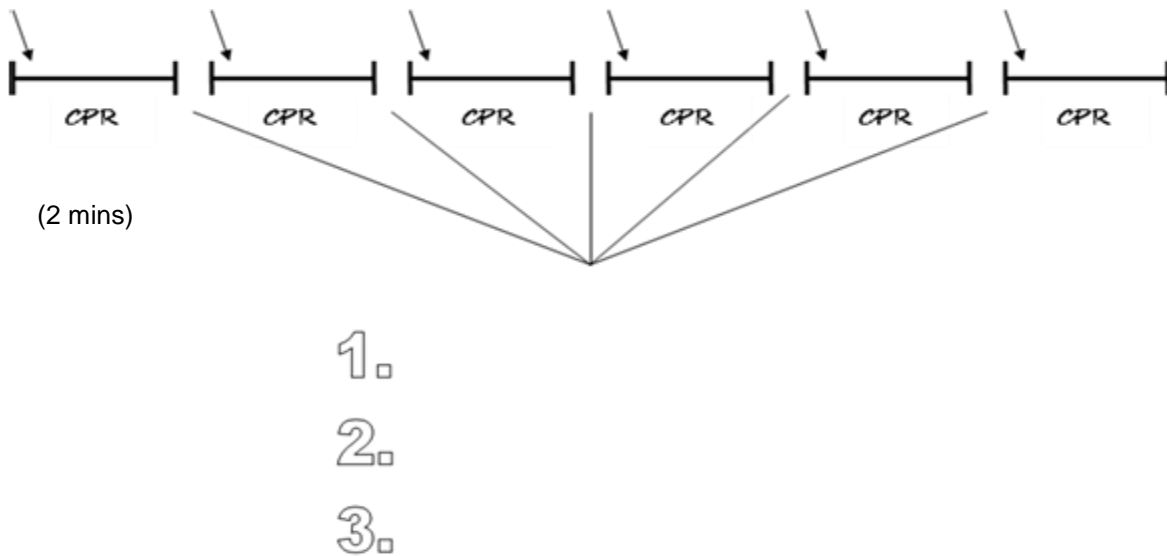
- **Clear Roles and Responsibilities:** Every team member knows their roles and responsibilities.
- **Knowing Your Limitations:** Each team member should know their limitations (boundaries) and capabilities.
- **Constructive Interventions:** Team members should intervene if an action that is about to occur is inappropriate. This includes helping team leader by assuring HIGH-QUALITY CPR is being given. Help confirm that adequate speed, hand placement, depth, and recoil are being given. Proper meds and dosages, etc.
- **Knowledge Sharing:** Sharing information during the code that may help the outcome of the patient.
- **Closed-Loop Communication:** Team leader gives clear messages or orders and makes eye contact with the team member, and the team member repeats the message or order.
- **Clear Messages:** Clear communication spoken with distinctive speech in a controlled tone of voice.
- **Mutual Respect:** Team members should share a mutual respect for each other and work together in a supportive manner.

## Foreign Body Airway Obstruction - Choking

Class	Age	Conscious - Responsive	Unresponsive
Adult	Older than puberty	Abdominal Thrusts (Heimlich maneuver)	<b>START CPR,</b> Starting with compressions. Compressions are given to relieve the object and to maintain perfusion. Add additional step or modification of looking in airway after giving compressions before giving breaths to see if you can see the object. If you can see the object, try to remove it. No blind finger sweeps. Cannot see object, give 2 breaths and resume compressions, repeating cycle.
Child	Age 1 to puberty	Abdominal Thrusts (Heimlich maneuver)	
Infant	Under 1 year old	Sit or Kneel, then Cycles of: 5 Back Slaps 5 Chest Thrusts	
Obese or Pregnant		Standing Chest Compressions are given in place of abdominal thrusts	

### Other Important Facts

- Open the airway of an unresponsive, non-trauma patient with the head tilt-chin lift maneuver.
- Use a modified jaw thrust to open airway of unresponsive patients with suspected neck or spinal injury.
- All team based CPR should center around 2 rescuers alternating **HIGH-QUALITY CHEST COMPRESSIONS** every 2 minutes.
- Always allow full chest recoil to allow the heart to refill adequately between compressions.
- Effective breaths, whether mouth to mouth or using a bag-mask device, are given slowly (over one second) with just enough pressure and volume to produce visible chest rise.
- Gaspings sounds, or agonal gasps, are NOT normal breathing. If **NO PULSE – START CPR.**
- Hypoxia is the #1 reason for bradycardia in pediatrics. You may have to perform CPR on a young child with a pulse if the heart rate remains below 60 despite oxygenation. If opening the airway and providing adequate oxygenation and ventilation does not raise heart rate above 60 – begin CPR, starting with compressions.
- Performing **HIGH QUALITY CPR** is the **#1 ACTION** to positively impact the victim’s survival.



Start **HIGH-QUALITY CPR** within 10 seconds of verifying absence of pulse.  
 Apply AED as soon as it is available, continuing compressions while applying pads.  
 Shock if indicated.

Alternate compressors every 2 minutes, or sooner if fatigued.

No break in compressions more than 10 SECONDS.

**EVERY SECOND THAT YOU CAN BE DOING COMPRESSIONS – DO COMPRESSIONS**

**PUSH HARD, PUSH FAST, PUSH DEEP**

## How to Claim and View your AHA eCard

### Claim your eCard via Email:

1. You will receive an email from [eCards@heart.org](mailto:eCards@heart.org) with a link inviting you to claim your eCard online. Please make sure to check your spam or junk folder. This link will direct you to the Student Profile webpage; please confirm that all information on that page (First Name, Last Name, Email, Phone Number (if entered for claiming by SMS), eCard Code, AHA Instructor Name, and Training Center information) is correct. If it is not, contact your Training Center.
2. Set up your security question and answer. Accept the terms of the site and click "Submit."
3. Complete the survey on the course you just completed. Your answers to these questions will help improve the quality of future AHA training.
4. After you complete the survey, your eCard will display. You can save or print your eCard.
5. Once your eCard has been claimed, you will receive an email notification; please save this confirmation email for your records.
6. Claiming your eCard is the only way you can show proof of course completion to your employer. If you need to email your eCard, please see step 5 under "How to View your Claimed eCard" (link to this answer when building the page).

### Claim your eCard via eCards Site:

1. Visit the [eCards Search page](#). On the "Student" tab, enter your First Name, Last Name, and Email (ensure this is the email address that was used to sign up for the course) OR enter your eCard Code at the bottom of the page (ask your Training Center for this code). Click "Search."
2. If all the information was entered correctly, you will be brought to a page that shows "My eCards." Look for your eCard that is "Unclaimed" and follow the steps through the site to claim your card, including setting up a security question and answer. If your eCard cannot be found, contact your Training Center to verify your information.

### Claim your eCard via SMS text:

*Note: In order for students to opt-in to this service, an Instructor or Training Center must FIRST enter the student's mobile phone number in the eCards system when issuing an eCard.*

1. During or after class, (if your Instructor or Training Center has entered your mobile phone number into the eCard system) opt-in to claim/view your eCard by texting "eCard" to the number **51736**.
2. If the message is sent correctly per the guidance of your Instructor, you will receive instructions via text message on how to claim your eCard.
3. If a you attempt to opt-in and your number is not in the system, you will receive a message that your phone number was not found.

### How to View your Claimed eCard

1. Visit the [eCards Search page](#). On the "Student" tab, enter your First Name, Last Name, and Email (ensure this is the email address that was used to sign up for the course) OR enter your eCard Code at the bottom of the page. Click "Search."
2. Answer your security question.
3. If all the information entered is correct, you will be brought to a page that shows "My eCards." If your eCard cannot be found, contact your Training Center to verify your information.
4. To download an eCard, select the size you would like (Full or Wallet) where it says, "View eCard."
5. To email an eCard, select "Email Cards," enter the email address, and click "Email."

### How an Employer Can Verify a Student's Claimed eCard

1. Visit the [eCards Search page](#). On the "Employer" tab, enter the eCard Code (up to 20), and click "Verify."
2. The next page will show the eCard Status of the inputted code(s).