

IN THE NEW 2010 BLS GUIDELINES, THE ABC'S OF CPR HAVE BEEN REPLACED BY:

COMPRESSIONS **A**IRWAY **B**REATHING **D**EFIBRILLATION

ADULT 1 OR 2 RESCUER CPR

WHEN THE RESCUER FIRST SEES A POTENTIAL VICTIM, HE OR SHE SHOULD ENSURE THAT THE SCENE IS SAFE AND IMMEDIATELY FOLLOW THE STEPS BELOW (MEMORIZE THESE):

1. CHECK FOR RESPONSE, TAP THE VICTIM'S SHOULDER AND SHOUT, "ARE YOU ALL RIGHT?" CHECK FOR NORMAL OR ABNORMAL BREATHING (OR GASPING) BY SCANNING THE CHEST AND BODY. IF THE ADULT DOES NOT RESPOND AND HAS NO NORMAL OR ABNORMAL BREATHING, SEND A BYSTANDER TO CALL 9-1-1. IF YOU ARE ALONE, CALL 9-1-1, GET A DEFIBRILLATOR (IF ONE IS AVAILABLE) AND COME BACK.
2. CHECK CAROTID PULSE FOR NO MORE THAN 10 SECONDS.
3. IF NO PULSE, REMOVE CHEST CLOTHING. PLACE THE HEEL OF ONE HAND ON THE **LOWER HALF OF THE BRESTBONE**. PLACE THE OTHER HAND ON TOP OF THE FIRST HAND. GIVE **30 COMPRESSIONS** – COMPRESS THE CHEST **AT LEAST 2 INCHES (5cm)** DEEP AND PROVIDE **AT LEAST 100 COMPRESSIONS PER MINUTE**.
4. OPEN THE AIRWAY (HEAD-TILT-CHIN-LIFT), **SEAL YOUR MOUTH OVER VICTIM'S MOUTH, PINCH THE VICTIM'S NOSE CLOSED**, AND **GIVE 2 BREATHS** WHILE WATCHING FOR THE CHEST TO RISE. **THE COMPRESSION-TO-VENTILATION RATIO FOR 1 OR 2 -RESCUER ADULT CPR IS 30:2**. REPEAT 5 CYCLES OF 30:2 AND RE-CHECK FOR PULSE. IF NO PULSE, REPEAT 5 MORE CYCLES UNTIL: MEDICS ARRIVE, YOU'RE EXHAUSTED, VICTIM IS RESPONSIVE OR AN A.E.D. IS PRESENT.

TO SCHEDULE A CLASS, PLEASE CALL:
(626)797-6179