



# BASIC LIFE SUPPORT (BLS) STUDY GUIDE

Essential CPR, AED, and Emergency Response Skills

## WHAT IS BLS?

Basic Life Support (BLS) means basic emergency interventions for reviving an individual who has lost their breath or whose heart has ceased beating. The core skills include:



### CPR

Chest compressions to pump blood



### Rescue Breathing

Provide oxygen with breaths



### AED

Defibrillation to restore heart rhythm



### Emergency Response

Early assessment and care

	CPR	VS	BLS
<b>Focus</b>	Chest compressions and rescue breaths		Includes CPR, AED, use, and airway management
<b>Who Uses It</b>	Anyone in an emergency		Healthcare providers and first responders
<b>Purpose</b>	Keep blood and oxygen flowing		Provide complete early care until help arrive
<b>Includes</b>	Compressions + Rescue breaths		CPR + AED + Airway + More advanced care

## RECOGNIZING CARDIAC ARREST



Sudden Collapse



No Pulse



Not Breathing



Unresponsive



Gasping for Air

## HANDS-ONLY CPR (ADULTS)



Call 911

2



**PUSH HARD**  
at least 2 inches deep

3



**PUSH FAST**  
100-120 bpm

4



**CONTINUE**  
until help arrives

# ADULT CPR & AED GUIDE

## ADULT CPR (CAB)

### C - COMPRESSIONS



- Center of chest
- 2 inches deep
- 100-120 compressions per minute
- 30 compressions

### A - AIRWAY



- Head tilt
- Chin lift

### B - BREATHING



- 2 rescue breaths
- Each breath about 1 second
- Chest should rise

## STEPS FOR AED USE

### 1 TURN ON AED



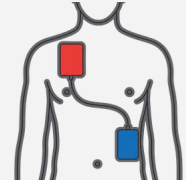
Follow the voice prompts.

### 2 EXPOSE CHEST



Remove clothing from chest

### 3 ATTACH PADS



Place pads on upper right and lower left side of chest

### 4 STAND CLEAR



Ensure no one is touching the person.

### 5 SHOCK IF ADVISED



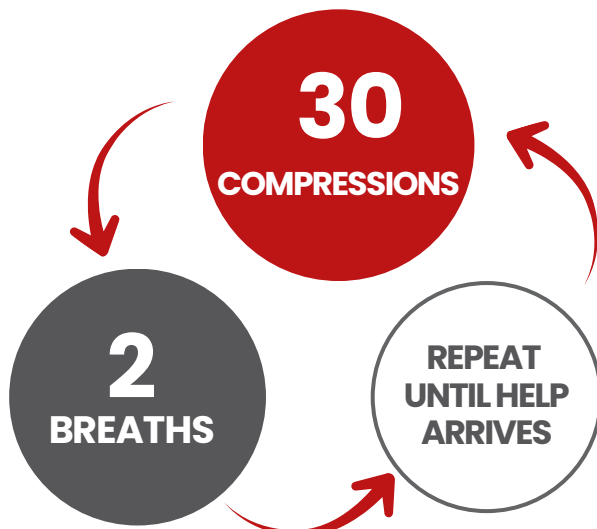
Press shock button if instructed.

### 6 RESUME CPR



Continue CPR for 2 minutes and follow AED prompts.

### CPR CYCLE



**EARLY CPR + EARLY AED  
= BETTER OUTCOMES**

Immediate CPR and defibrillation can double or triple a person's chance of survival.

# CHILD & INFANT CPR GUIDE

	CHILD (1 YEAR-PUBERTY)	INFANT (< 1 YEAR)
<b>Hand Placement</b>	1-2 Hands	1 Hand or Two Thumbs
<b>Compression Depth</b>	About 1/3 of chest depth	About 1/3 of chest depth
<b>Compression Rate</b>	100-120/min	100-120/min
<b>CPR Ratio (Compression : Breaths)</b>	30:2	30:2

## CHILD CPR (1-PUBERTY)



- Use 1 or 2 hands on the lower half of the sternum
- Press about 1/3 chest depth
- Give 30 compressions then 2 rescue breaths

## INFANT CPR (<1 YEAR)



- Use the two thumbs-encircling hands technique
- If unable to encircle the chest, use the heel of one hand on the center of the chest
- Compress about 1/3 chest depth
- Give 30 compressions then 2 rescue breaths

## RESCUE BREATHING (ALL AGES)



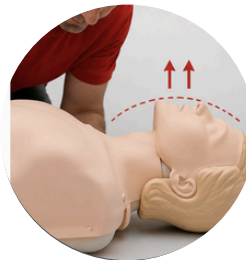
### Open Airway

Tilt head back, lift chin.



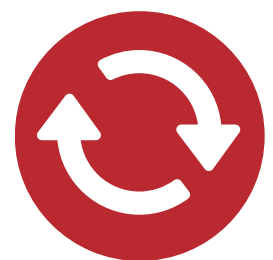
### Rescue Breaths

Give 2 breaths, 1 second each.



### Chest rise

Watch for the chest to rise with each breath.



### Repeat

30 compressions then 2 breaths until help arrives

## PEDIATRIC EMERGENCY ALGORITHM (OVERVIEW)



### ASSESS

Responsiveness & breathing



### CALL EMS

Get help immediately



### START CPR

Follow the 30:2 ratio



### USE AED

As soon as possible



### CONTINUE CARE

Until advanced help arrives

# SPECIAL EMERGENCIES & EXAMP PREP

## DROWNING



- Remove from water
- Call EMS
- Check breathing and pulse
- Begin CPR if needed
- Provide warming care

## OPIOID OVERDOSE



- Call 911 immediately
- Use Naloxone (Narcan) if available
- Give rescue breaths or CPR if needed.
- Continue care until help arrives

## SHOCK MANAGEMENT



- Lay the person flat unless they have a neck injury or breathing trouble
- Keep them warm and still
- Don't give them anything to eat or drink.

## TRAUMA CARE BASICS



- Check scene safety
- Stabilize neck if injury suspected.
- Control severe bleeding
- Monitor airway, breathing, and circulation

## TEAMWORK IN BLS: KEY ELEMENTS FOR EFFECTIVE EMERGENCY RESPONSE



## BLS EXAM QUICK FACTS



**25 QUESTIONS**

Multiple Choice



**PASSING SCORE**

**84%**

or higher



**CERTIFICATION VALID**

2 years



**COURSE DURATION**

4-5 hours

**REMEMBER:** Quick action can save a life. Stay calm. You've got this!



**DISCLAIMER:** This guide is for educational purposes only and does not replace official BLS training or professional medical advice.

