C-A-B (Not A-B-C)

C
Chest Compressions

A
Airway

B
Breathing

High-quality CPR improves a victim’s chances of survival. The critical characteristics of high-quality CPR include:

- **Start compressions within 10 seconds** of recognition of cardiac arrest.
- **Push hard, push fast**: Compress at a rate of at least 100/min with a depth of at least 2 inches (5 cm) for adults, approximately 2 inches (5 cm) for children, and approximately 1½ inches (4 cm) for infants.
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to <10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**
### How to Become an AHA Instructor

**Put your heart into training.**

**Learn from the leader.**

**Teach to save lives.**

Are you interested in becoming an American Heart Association Instructor?

Consult an American Heart Association Training Center (TC) to find out whether the TC is accepting new instructors and what the TC’s preferred course delivery method is. Then, becoming an instructor is as easy as 1-2-3:

1. Complete the Core Instructor Course.
2. Complete a discipline-specific instructor course in BLS, Heartsaver, ACLS, or PALS.
3. Get monitored by an American Heart Association TC or Instructor.

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### Renewal Schedule

I _____________________________ (student name) took my BLS HCP course on _____________________________ (date) at the _____________________________ Training Center/Site and am due for a renewal course in ____________ (month/year).

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### Adult BLS Algorithm for Healthcare Providers

- **Unresponsive**
  - No breathing or no normal breathing (i.e., only gasping)

  - Activate emergency response system
  - Get AED/defibrillator or send second rescuer (if available) to do this

- **Check pulse:**
  - **Definite Pulse**
    - Give 1 breath every 5 to 6 seconds
    - Recheck pulse every 2 minutes
  - **No Pulse**
    - Begin cycles of 30 COMPRESSIONS and 2 BREATHS

- **AED/defibrillator ARRIVES**

  - Check rhythm:
    - **Shockable**
      - Give 1 shock
      - Resume CPR immediately for 2 minutes
    - **Not Shockable**
      - Resume CPR immediately for 2 minutes

  - Check rhythm every 2 minutes; continue until ALS providers take over or victim starts to move

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### Pediatric BLS Algorithm for Healthcare Providers

- **Unresponsive**
  - No breathing or only gasping

  - Send someone to activate emergency response system, get AED/defibrillator

- **Check pulse:**
  - **Definite Pulse**
    - Give 1 breath every 5 to 6 seconds
    - Recheck pulse every 2 minutes
  - **No Pulse**
    - Begin cycles of 30 COMPRESSIONS and 2 BREATHS

- **AED/defibrillator ARRIVES**

  - Check rhythm:
    - **Shockable**
      - Give 1 shock
      - Resume CPR immediately for 2 minutes
    - **Not Shockable**
      - Resume CPR immediately for 2 minutes

  - Check rhythm every 2 minutes; continue until ALS providers take over or victim starts to move

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### Note:

The boxes bordered with dashed lines are performed by healthcare providers and not by lay rescuers.