

2015 BLS Instructor Pointers

Health Care Providers (HCPs) assess breathing and pulse check simultaneously in less than 10 seconds; not Heartsavers...

Pulse check remains in effect **only** for HCPs

- Greater emphasis on Chest Compressions

Shock first vs. CPR first

Chest Compression Rate: 100-120/minute for all individuals. You must deliver each set of 30 compressions in no less than 15 seconds.

Depth of Chest Compressions at least 2 inches (5 cm) but no more than 2.4 inches (6 cm) for adults.

Depth of Chest Compressions about 2 inches (5 cm) for children.

Depth of Chest Compressions approximately 1.5 inches (4 cm) for infants.

With respect to chest recoil, avoid leaning on the chest between compressions.

Chest Compression Fraction of at least 60% is recommended. A goal of 80% is often achievable with good teamwork.

Ventilations during CPR with advanced airways: 1 breath every 6 seconds for all individuals.

2-Rescuer Infant CPR: Use 2 thumb-encircling hands chest compression. Make sure to provide 15 compressions in no less than 7 seconds and no more than 9 seconds.

Contact the Training Center Coordinator (Louis Lazo) to request BLS Exams

“Life Is Why” (short video) recommended for presentation prior to actual class.

The BLS Instructor Manual is a MUST!

For HCPS Only: We teach to get an AED for infants for In-House Cardiac Arrests