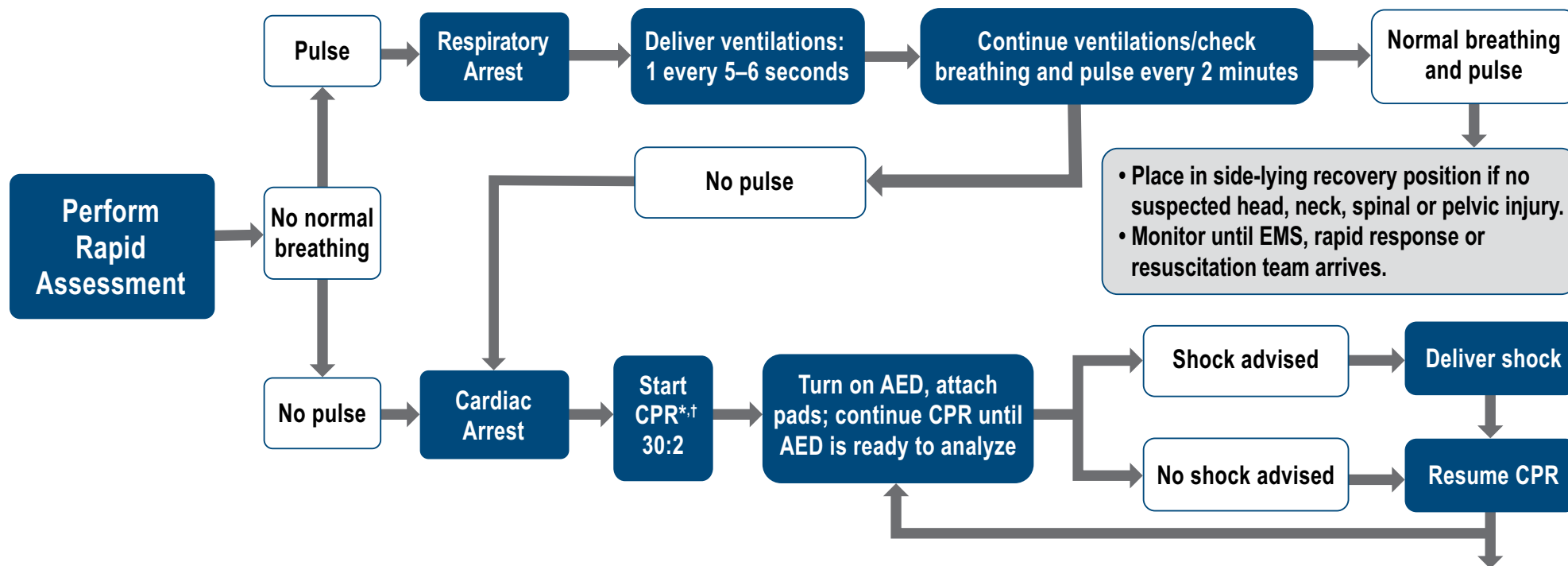




BLS: ADULTS



CPR Technique	
Switch CPR compressors <ul style="list-style-type: none"> Every 2 minutes During AED analysis If provider is fatigued 	 <ul style="list-style-type: none"> Hand position: Centered on the lower half of the sternum Depth: At least 2 inches Number: 30 compressions Rate: 100 to 120 per minute (15 to 18 seconds) Full chest recoil
	 <ul style="list-style-type: none"> Each ventilation should last about 1 second and make the chest begin to rise

Discontinue CPR if:

- Other trained providers arrive to relieve you
- You see signs of ROSC
- You are presented with a valid DNR order
- You are too exhausted to continue
- The situation becomes unsafe

Suspected or known opioid overdose → **See Opioid Overdose Treatment Guideline**

*If an advanced airway is in place, one provider delivers 1 ventilation every 6 seconds. At the same time, a second provider performs compressions at a rate of 100 to 120 per minute. In this case, the compression to ventilation ratio of 30:2 does not apply because compressions and ventilations are delivered continuously with no interruptions.

†If drowning or other hypoxic event is the suspected cause of cardiac arrest, deliver 2 initial ventilations before starting CPR.

