

Table 2 Summary of High-Quality CPR Components for BLS Providers

Component	Adults and Adolescents	Children (Age 1 Year to Puberty)	Infants (Age Less Than 1 Year, Excluding Newborns)
Scene safety	Make sure the environment is safe for rescuers and victim		
Recognition of cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activation of emergency response system	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)		
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest About 2 inches (5 cm)	At least one third AP diameter of chest About 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	1 rescuer 2 fingers in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb-encircling hands in the center of the chest, just below the nipple line
Chest recoil	Allow full recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds		

*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CPR, cardiopulmonary resuscitation.



STOP the Bleed is a national awareness campaign started by the American College of Surgeons with a mission to train, equip, and empower ordinary people to intervene and stop life-threatening bleeding before professional help arrives.

Today we live in a world where terrorism, the actions of unstable people, and the dangerous impulses of friends and relatives are very real and becoming increasingly more frequent.

Massive bleeding from any cause, but particularly from an active shooter or explosive event where a medical response is delayed, can result in death. Victims can quickly die from uncontrolled bleeding, within five to ten minutes. Similar to how the general public learns and performs CPR, the public must learn proper bleeding control techniques, including how to use their hands, dressings, and tourniquets.

OU Medicine's Trauma Program is offering a *free* one hour on-site course so you can learn how to properly STOP the Bleed.

What is included-

- 25 minute PowerPoint presentation with Q&A session afterwards
- Two hands on skills stations after the presentation where you learn how to –
 - Pack an open wound and hold pressure
 - Appropriately place a tourniquet onto an extremity
- Instructional booklet to take home
- Certificate of completion after the course

How do you request an on-site course for your organization?

Email your request to: trauma@oumedicine.com

For more information, visit our website: www.oumedicine.com/stopthebleed

