

Steps for One-rescuer BLS/CPR for Adults

Learning BLS (Basic Life Support) and CPR (Cardiopulmonary Resuscitation) can be critical in saving someone's life during a medical emergency such as a heart attack or drowning. Knowing how to properly perform these techniques can significantly improve the chances of survival for someone in need of immediate medical attention.

So refer to the checklist of the steps to follow for one-rescuer BLS/CPR for adults to save lives in the most critical and life-threatening situations for someone you may know or care about.

Steps for one-rescuer BLS/CPR for Adults:

Safety:

- Make sure you are safe before helping out the patient.
- Move the patient out of the traffic or get them dry if it is a case of drowning.
- Be careful not to injure yourself while rescuing the victim.



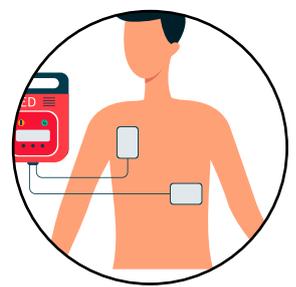
Assessment



Call for medical Help



CPR



AED

Assessment:

- Shake the person.
- Check their pulse rate and breathing.
- Talk to them or shout to get a response.
- Tap their shoulder hard as another approach to get a response.

Call for medical help:

- Send someone to call 911 or call them yourself if you can.
- Do not hang up the phone.
- Keep assessing the patient's breathing and pulse.
- Narrate the situation to the operator while they dispatch the EMS unit.

CPR:

- Begin performing CPR with 30 chest compressions per minute.

AED:

Attach the AED pads to the chest of the patient, if this device is available to you before the medical professionals arrive on the scene. AED helps to regularise the erratic heartbeat and improves the chances of survival.

Don't wait until it's too late to make a difference. Be the first one to respond and save a life with the nationally accepted **BLS Course** designed by OSHA trained professionals.

Register for a free account on www.cpraedcourse.com today and get started. All courses like CPR and First Aid on American HealthCare Academy (AHCA) follow AHA and 2020 ECC guidelines. You also earn CE credit hours and receive a free mailed-in wallet card.

<p>Step 1</p>  <p>Select your CPR course</p>	<p>Step 2</p>  <p>Pass the CPR test</p>	<p>Step 3</p>  <p>Print your CPR certification</p>
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