BLS CARDIAC ARREST

POLICY NO: 8016

EFFECTIVE DATE: 03-15-12
REVISED DATE: 03-15-12

APPROVED: Bryan Cleaver
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EMS Administrator
EMS Medical Director

AUTHORITY: California Health and Safety Code, Division 2.5 EMS, Sections 1797.220 & 1797.221

8016.1 INDICATIONS
a. To provide effective, quality cardiopulmonary resuscitation

8016.2 PROCEDURE
a. Compressions
   1. Begin compressions at a rate of at least 100 per minute.
   2. Compress chest at least 2 inches and allow for full recoil of chest (lift heel of hand).
   3. Change compressors every 2 minutes.
   4. Minimize interruptions in compressions. If necessary to interrupt, limit to 5 seconds or less.
   5. Do not stop compressions while defibrillator is charging.
   6. Resume compressions immediately after any shock.
   7. Mechanical CPR devices (Auto Pulse and LUCAS) are approved for use in Coastal Valleys EMS Region.

b. AED
   1. Priority of second rescuer is to apply pads while compressions in progress.
   2. Allow AED analysis and shock if indicated.

c. Basic airway management
   1. Open airway and provide 2 breaths after every 30 compressions. Avoid excessive ventilation.
   2. Ventilations should be about one second each, enough to cause visible chest rise.
   3. Use two-person BLS Airway management (one holding mask and one squeezing bag).