CARDIAC ARREST BLS

**Indications**
- Unresponsive; no breathing or has agonal respirations; no pulse

**START CPR**
- Give O2
- Attach AED/defibrillator
- BLS RMC

**Shockable Rhythm?**
- Yes
  - VF/pVT
    - CPR 2 min
  - Asystole/PEA
    - CPR 2 min
- No
  - CPR 2 min
    - Rhythm check every 2 min
    - Resume cycle until ALS providers arrive or ROSC is detected

**CRITICAL INFORMATION**
- Witnessed vs Unwitnessed
- Consider pre-cordial thump witnessed and defibrillator not immediately available
- Compress at 110bpm
- Use metronome or similar device
- Mechanical CPR is mandatory during transportation
- Change compressors every 2 minutes
- Minimize interruptions
- If hypothermic <95°F, initiate warming measures, start CPR, and immediately transport
- Defibrillate per manufacturer’s recommendations
- Do not stop compressions while defibrillator is charging
- Resume compressions immediately after shock

**Airway Management**
- BLS airway preferred during first 5 minutes
- Use two-person BLS airway management whenever possible
- Avoid excessive ventilation
- 30:2 compression/ventilation ratio or continuous compressions with ventilations on the 10th upstroke of compressions