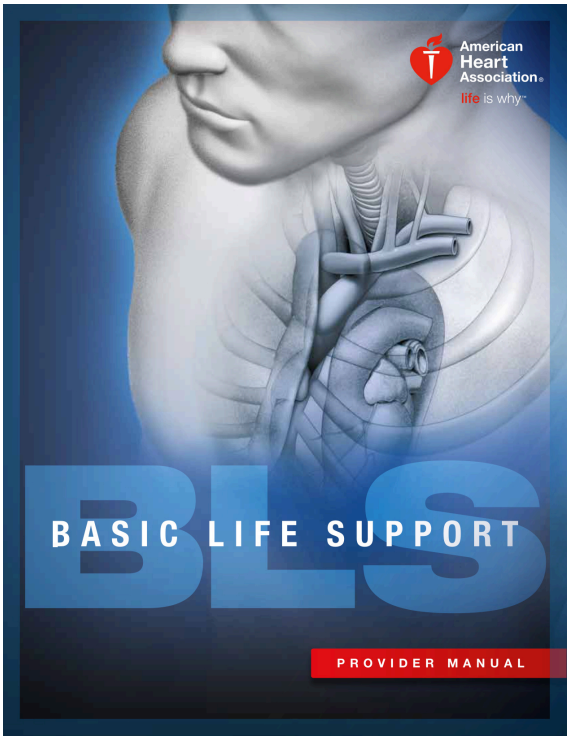


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life is why.™

At the American Heart Association, we want people to experience more of life's precious moments. That's why we've made better heart and brain health our mission. It's also why we remain committed to exceptional training–the act of bringing resuscitation science to life–through genuine partnership with you. Only through our continued collaboration and dedication can we truly make a difference and save lives.

Until there's a world free of heart disease and stroke, the American Heart Association will be there, working with you to make a healthier, longer life possible for everyone.

Why do we do what we do?
life is why.

Life Is Why is a celebration of life. A simple yet powerful answer to the question of why we should all be healthy in heart and mind. It also explains why we do what we do: Lifesaving work. Every day.

Throughout your student manual, you will find information that correlates what you are learning in this class to **Life Is Why** and the importance of cardiovascular care. Look for the **Life Is Why** icon (shown at right), and remember that what you are learning today has an impact on the mission of the American Heart Association.

We encourage you to discover your **Why** and share it with others. Ask yourself, what are the moments, people, and experiences I live for? What brings me joy, wonder, and happiness? Why am I partnering with the AHA to help save lives? Why is cardiovascular care important to me? The answer to these questions is your **Why.**

Instructions

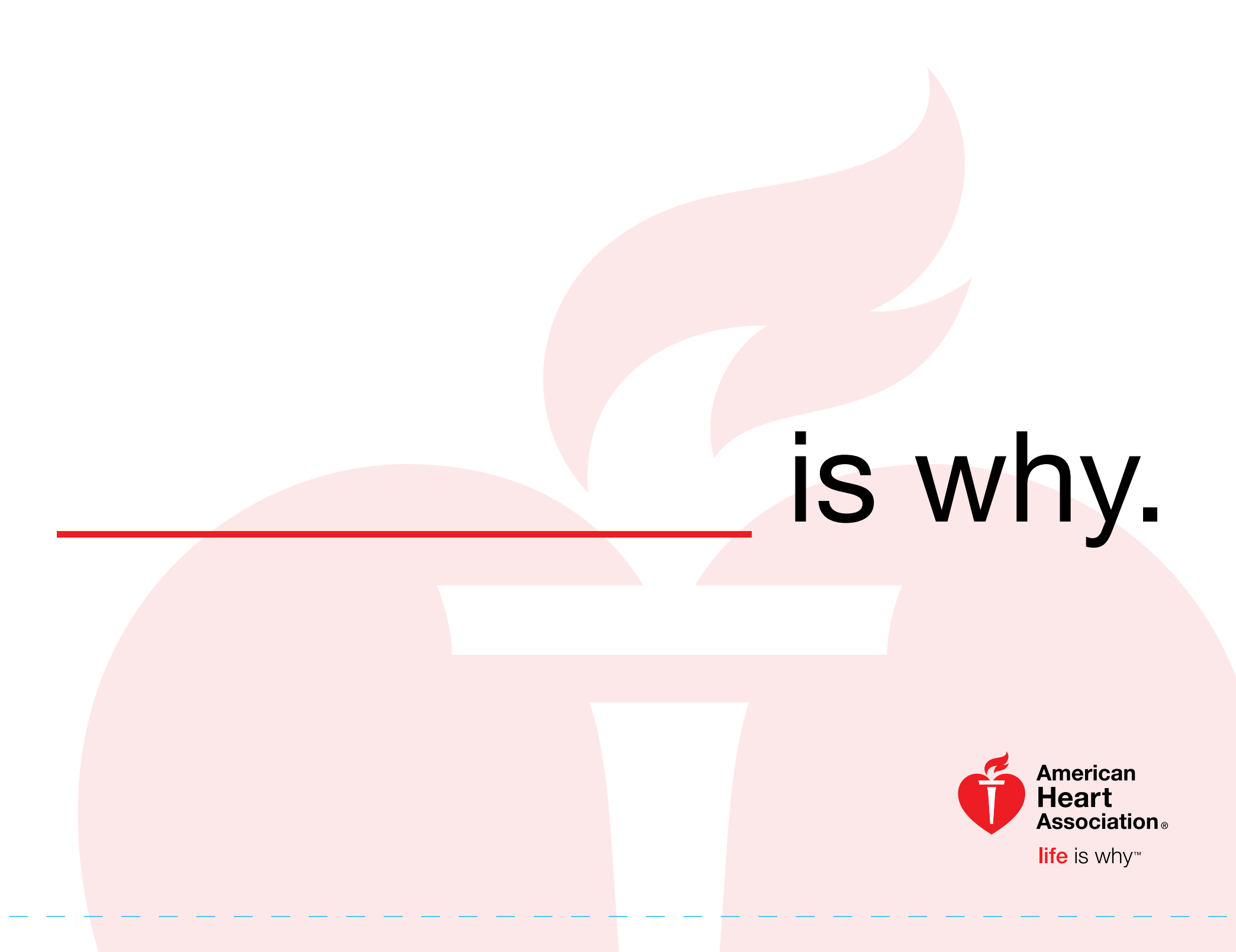
Please find on the back of this page a chance for you to participate in the AHA's mission and **Life Is Why** campaign. Complete this activity by filling in the blank with the word that describes your **Why.**

Share your **"_____ Is Why"** with the people you love, and ask them to discover their **Why.**

Talk about it. Share it. Post it. Live it. **#lifeiswhy** **#CPRSavesLives**

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General Concepts

Introduction

Welcome to the Basic Life Support (BLS) Provider Course. BLS is the foundation for saving lives after cardiac arrest. You will learn the skills of high-quality cardiopulmonary resuscitation (CPR) for victims of all ages and will practice delivery of these skills both as a single rescuer and as a member of a multirescuer team. The skills you learn in this course will enable you to recognize cardiac arrest, activate the emergency response system early, and respond quickly and confidently.

Despite important advances in prevention, sudden cardiac arrest remains a leading cause of death in the United States. Seventy percent of out-of-hospital cardiac arrests occur in the home. About half are unwitnessed. Outcome from out-of-hospital cardiac arrest remains poor. Only about 10% of adult patients with nontraumatic cardiac arrest who are treated by emergency medical services (EMS) survive to hospital discharge.

With the knowledge and skills you learn in this course, your actions can give victims the best chance of survival.

BLS Course Objectives

The BLS Course focuses on what rescuers need to know to perform high-quality CPR in a wide variety of settings. You will also learn how to respond to choking emergencies. After successfully completing the BLS Course, you should be able to

- Describe the importance of high-quality CPR and its impact on survival
- Describe all of the steps of the Chain of Survival
- Apply the BLS concepts of the Chain of Survival
- Recognize the signs of someone needing CPR
- Perform high-quality CPR for an adult
- Describe the importance of early use of an automated external defibrillator (AED)
- Demonstrate the appropriate use of an AED
- Provide effective ventilations by using a barrier device
- Perform high-quality CPR for a child
- Perform high-quality CPR for an infant
- Describe the importance of teams in multirescuer resuscitation
- Perform as an effective team member during multirescuer CPR
- Describe the technique for relief of foreign-body airway obstruction for an adult or child
- Describe the technique for relief of foreign-body airway obstruction for an infant

Provider Manual

The *BLS Provider Manual* contains all of the information that you need to know to successfully complete the BLS Course. Take time to read this manual carefully.

Study the skills and lifesaving sequences carefully. During the course, you will have an opportunity to apply this knowledge as a rescuer in simulated emergency scenarios.

Age Definitions

The manual presents specific BLS skills and sequences for training rescuers to care for an unresponsive adult, child, or infant until the next level of care arrives. For the purposes of the BLS Course, age definitions are as follows:

Age	Definition
Adults	Adolescents (ie, after the onset of puberty) and older
Children	1 year of age to puberty
Infants	Less than 1 year of age (excluding newly born infants in the delivery room)

Signs of puberty include chest or underarm hair in males and any breast development in females.

Boxes

Throughout the *BLS Provider Manual*, you will find specific information highlighted by boxes with icons. Pay special attention to this important information.

Box	Contains
Foundational Facts 	Basic information that every BLS provider should know
Critical Concepts 	Especially important information
Caution 	Alerts to potential problems or risks
Life Is Why 	Why taking this course matters