**ADULT**

*Suspected Foreign Body Airway Obstruction (FBAO)*

1. If conscious, ask, "Are you choking?"

2. If patient is unable to speak and/or shakes head yes, give abdominal thrusts, (chest thrusts if pregnant or obese).

3. Repeat abdominal thrusts until effective or patient becomes unconscious.

IF PATIENT BECOMES UNCONSCIOUS, CONTINUE TO DIAGRAM BELOW.

*Suspected Cardiac and/or Respiratory Arrest*

1. Continue to diagram below.

**PEDIATRIC (CHILD)**

*Suspected Foreign Body Airway Obstruction (FBAO)*

1. If conscious, ask, "Are you choking?"

2. If patient is unable to speak and/or shakes head yes, give abdominal thrusts.

3. Repeat abdominal thrusts until effective or patient becomes unconscious.

IF PATIENT BECOMES UNCONSCIOUS, CONTINUE TO DIAGRAM BELOW.

*Suspected Cardiac and/or Respiratory Arrest*

1. Continue to diagram below.
PEDIATRIC (INFANT)

Suspected Foreign Body Airway Obstruction (FBAO)

1. If conscious, determine airway patency.
2. If patient is unable to move air or has poor air exchange, give 5 back blows between the shoulder blades and then 5 chest thrusts with patient in a head dependant position.
3. Repeat back blows and chest thrusts until effective or patient becomes unconscious.

**IF PATIENT BECOMES UNCONSCIOUS, CONTINUE TO DIAGRAM BELOW.**

Suspected Cardiac and/or Respiratory Arrest

1. Continue to diagram below.
### Objectives

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult: 8 years and older</td>
<td><strong>Breathing</strong></td>
</tr>
<tr>
<td>Child: 1 to 8 years</td>
<td><strong>Airway</strong></td>
</tr>
<tr>
<td>Infant: less than one year</td>
<td><strong>Breathing</strong></td>
</tr>
</tbody>
</table>

### Actions

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Assessment: Determine unresponsiveness.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child</td>
<td>Tap or gently shake shoulder. Shout &quot;Are you OK?&quot;</td>
</tr>
<tr>
<td>Infant</td>
<td>Observe.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child</td>
<td>Turn on back as a unit, supporting head and neck if necessary.</td>
</tr>
<tr>
<td>Infant</td>
<td>Head tilt-chin lift or jaw thrust. Suspected trauma, use jaw thrust.</td>
</tr>
</tbody>
</table>

### Breathing

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Assessment: Determine breathlessness.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child</td>
<td>Maintain open airway. Place ear over mouth, observing chest. Look, listen, and feel for breathing.</td>
</tr>
<tr>
<td>Infant</td>
<td>Maintain open airway. Seal mouth to barrier device and give two breaths. Observe chest rise. Allow lung deflation between breaths.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child</td>
<td>a. Reposition victim’s head, open airway and re-attempt rescue breaths.</td>
</tr>
<tr>
<td>Infant</td>
<td>b. If rescue breaths unsuccessful, advise EMS.</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Age Group</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child</td>
<td>c. <strong>Adult/Child:</strong> Give five sub-diaphragmatic abdominal thrusts</td>
</tr>
<tr>
<td>Infant</td>
<td><strong>Infant:</strong> Alternate five back blows with five chest thrusts.</td>
</tr>
</tbody>
</table>

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<tr>
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<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Child</td>
<td>d. <strong>Adult/Child/Infant:</strong> Finger sweep only if you see a foreign body in the airway.</td>
</tr>
</tbody>
</table>

If unsuccessful, repeat steps a, c, and d.
Objectives | Actions
--- | ---
**C. Circulation** | **Assessment:** Determine pulselessness. | **Adult/Child:** Check carotid pulse.  
**Infant:** Check brachial pulse.  
**Begin chest compressions by checking landmark.** | **Adult/Child:** Lower half of sternum, between nipples.  
**Infant:** Just below nipple line (lower half of sternum)  
**Compression rate** | **Adult:** 100 per minute.  
**Child:** 100 per minute.  
**Infant:** 100 per minute.  
**CPR Cycles** | **Ration of chest compressions to ventilations** | **Adult:** 30 chest compressions to 2 ventilations.  
**Child/Infant:** 30:2 (single rescuer)  
15:2 (2 rescuers)  
**Number of cycles** | **Adult:** five cycles (about two minutes)  
**Child/Infant:** five cycles (about two minutes)  
**Reassessment** | **Adult/Child:** Palpate for carotid pulse. If no pulse, resume CPR starting with chest compressions.  
**Infant:** Palpate for brachial pulse. If no pulse, resume CPR starting with chest compressions.  
**Option for Return of Pulse** | **If no breathing, give rescue breaths.** | **Adult/Child:** One breath every 5 - 6 seconds.  
**Infant:** One breath every 3 seconds.
BASIC LIFE SUPPORT (BLS)

Escambia County, Florida - ALS/BLS Medical Protocol

Adult / Child

1. No movement or response

2. PHONE 911 or emergency number
   Get AED
   or send second rescuer (if available) to do this

3. Open AIRWAY, check BREATHING

4. If not breathing, give 2 BREATHS that make chest rise

5. If no response, check pulse:
   Do you DEFINITELY feel pulse within 10 seconds?
   
5A. Definite Pulse
   - Give 1 breath every 5 to 6 seconds
   - Recheck pulse every 2 minutes

6. No Pulse
   Give cycles of 30 COMPRESSIONS and 2 BREATHS
   until AED/defibrillator arrives, ALS providers take over, or victim starts to move
   Push hard and fast (100/min) and release completely
   Minimize interruptions in compressions

7. AED/defibrillator ARRIVES

8. Check Rhythm
   Shockable rhythm?

9. Shockable
   Give 1 shock
   Resume CPR immediately for 5 cycles

10. Not Shockable
    Resume CPR immediately for 5 cycles
    Check rhythm every 5 cycles; continue until ALS providers take over or victim starts to move
Infant

1. No movement or response
   Send someone to phone 911, get AED

2. Lone Rescuer: For SUDDEN COLLAPSE, PHONE 911, Get AED

3. Open AIRWAY, check BREATHING

4. If not breathing, give 2 BREATHS that make chest rise

5. If no response, check pulse: DEFINITE pulse within 10 seconds?
   5A. Definite Pulse
       - Give 1 breath every 3 seconds
       - Recheck pulse every 2 minutes

6. One Rescuer: Give cycles of 30 COMPRESSIONS and 2 BREATHS
   Push hard and fast (100/min) and release completely
   Minimize interruptions in compressions
   Two Rescuers: Give cycles of 15 COMPRESSIONS and 2 BREATHS

7. If not already done, PHONE 911, for child get AED/defibrillator
   Infant (<1 year): Continue CPR until ALS responders take over or victim starts to move
   Child (>1 year): Continue CPR; use AED/defibrillator after 5 cycles of CPR
   (Use AED as soon as it is available for sudden, witnessed collapse)

8. Child >1 year:
   Check rhythm
   Shockable rhythm?
   9. Shockable
      - Give 1 shock
      - Resume CPR immediately for 5 cycles

10. Not Shockable
    - Resume CPR immediately for 5 cycles
    - Check rhythm every 5 cycles; continue until ALS providers take over or victim starts to move