Top 3 Changes to BLS

Not breathing? Naloxone!
The administration of naloxone (IM or IN) by trained BLS providers is reasonable in patients with abnormal breathing and suspected opioid ingestion.

Opioid overdose education
Training to treat an opioid overdose can be provided to opioid abusers and their close contacts.

Manual spinal immobilization
In suspected spinal cord injuries, lay rescuers should manually immobilize the spine with their hands rather than using immobilization devices.

* For more Canadian content by the HSFC, check out http://goo.gl/fHu8lc