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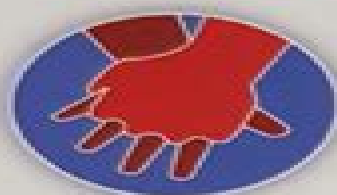
Basic Life Support
Reference

Dr. Tayyaba



American
Heart
Association.

C-A-B



Compressions



Airway



Breaths

Critical Concepts

High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include the following:

- **Start compressions within 10 seconds** after recognizing cardiac arrest.
- **Push hard and push fast:** Compress at a rate of 100 to 120/min with a depth of
 - At least 5 cm for adults
 - At least one third the depth of the chest, approximately 5 cm, for children
 - At least one third the depth of the chest, approximately 4 cm, for infants
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to less than 10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

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O García



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Whispering the Strategies of Language: An Emotional Quest through **American Heart Association Crash Cart Guidelines Bls**

In a digitally-driven earth where displays reign supreme and quick connection drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases often move unheard. However, set within the pages of **American Heart Association Crash Cart Guidelines Bls** a interesting literary value blinking with organic thoughts, lies an exceptional journey waiting to be undertaken. Penned by a talented wordsmith, that enchanting opus attracts viewers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the very cloth of each and every word. Within the emotional depths of this emotional evaluation, we will embark upon a heartfelt exploration of the book is core styles, dissect their captivating writing model, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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