

BLS for Healthcare Providers
Quick Reference

C-A-8 (Not A-8-C)







BLS for Healthcare Providers Critical Concepts

Simplified Adult BLS Algorithm for Healthcare Providers

High-quality CPR improves a victim's chances of survival. The ortical characteristics of high-quality CPR include

- Start compressions within 10 seconds of recognition of cardiac arrest.
- Push hard, push fast: Compress at a rate of at least 100/min with a depth of at least 2 inches (5 cm) for adults, approximately 2 inches (5 cm) for children, and approximately 116 inches (4 cm) for intents.
- Allow complete chest receil after each compression.
- Minimize interruptions in compressions thy to limit interruptions to <10 seconds).
- Give effective breaths that make the chest rise.
- · Avoid excessive ventilation.



American Heart Red Cross Study Guide

Gerard J. Criner, Rodger E.
Barnette, Gilbert E. D'Alonzo

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