

American Heart Association BLS (Basic Life Support) Questions and Answers Rated A

When you first see a potential victim. ✓✓ When do you ensure a scene is safe?

A victim who is unresponsive, not breathing and has no pulse. ✓✓ Which victim requires CPR?

Head tilt-chin lift ✓✓ This is the best method to open an airway of an unresponsive victim with no suspected neck injury.

10 seconds ✓✓ The maximum time you check for a pulse.

Bag-mask device ✓✓ A device used for a 2-person rescue to provide breaths during CPR.

2 inches (5cm) ✓✓ The recommended depth of chest compressions for an adult victim.

Give breaths without chest compressions. ✓✓ When a child has a pulse of more than 60/min but is not breathing, what should you do?

30:2 ✓✓ The compression-ventilation ratio for 1-rescuer adult CPR.

Creates blood flow ✓✓ Why is important to compress to the appropriate depth during CPR?

100 compressions per minute ✓✓ The rate for performing chest compressions for ALL victims.

Minimizes air from entering the victim's stomach (gastric inflation) ✓✓ Why do you give a breath just until you see the chest rise?

Answer Questions About Life

**Christopher Russell, Karen Gray, Jane
Twigg**



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and Professor Dawn Brooker MBE Dr Karen Gray is a researcher at the University of Bristol UK She has wide ranging experience in researching and evaluating engagement in arts and creative activity for health and wellbeing Dr Chris Russell is Senior Lecturer with the Association for Dementia Studies at the University of Worcester UK where he is Programme Lead for the Post Graduate Certificate in Dementia Studies Jane Twigg has a background as a physiotherapist This was before caring for her mom who had dementia including supporting Mom to continue to live in the world Jane is now living with atypical dementia She has a passion for life Long distance walking brings her most joy giving her a sense of achievement and wellbeing

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