

BLS for Healthcare Providers
Quick Reference

C-A-B (Not A-B-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 critical 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 infants.
- Allow complete chest receil after each compression.
- Minimize interruptions in compressions thy to limit interruptions to <10 seconds.</li>
- Give effective breaths that make the chest rise.
- · Avoid excessive vestilation.



# **Aha Bls For Healthcare Providers Study Guide**

**JG Myers** 

#### **Aha Bls For Healthcare Providers Study Guide:**

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The Anesthesia Technician and Technologist's Manual Glenn Woodworth, Jeffrey R. Kirsch, Shannon Sayers-Rana, 2012-10-22 The Anesthesia Technician and Technologist's Manual is a comprehensive review of the core knowledge necessary for the day to day workflow of an anesthesia technician or technologist The text is arranged into seven sections Careers in Anesthesia Technology Anatomy Physiology and Pharmacology Principles of Anesthesia Equipment Setup Operation and Maintenance Operating Room and Hospital

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