

BLS

Basic Life Support
Reference



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 (2 inches) for adults
 - At least one third the depth of the chest, approximately 5 cm (2 inches), for children
 - At least one third the depth of the chest, approximately 4 cm (1½ inches), 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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Providers

- Provide rescue breathing, 1 breath every 6 seconds or 10 breaths/min.
- Check pulse every 2 minutes. If no pulse, start CPR.
- If possible, assist overdoses, administer naloxone if available per protocol.

By this time in all scenarios, emergency response system (backup is activated, and AED and emergency equipment are retrieved or someone is retrieving them).

breaths.

No, nonbreathable

CPR immediately for as long as prompted by AED (rhythm check), or until ALS providers take victim starts to move.

over or victim starts to move.

Does the victim have a pulse? (check for 5 seconds)

No

1

- Start CPR
- Use an AED.
- Consider naloxone.
- Refer to the BLS/ Cardiac Arrest algorithm.

breaths (if appropriate, one to do so).

No, no pulse, no breathing, pulse full.

- Provide rescue breathing, 1 breath every 6 seconds or 10 breaths/min.
- Check pulse every 2 minutes. If no pulse, start CPR.
- If possible, assist overdoses, administer naloxone if available per protocol.

Unusual Cardiac Arrest

Scenarios for pregnant women in cardiac arrest include:
Continuation of high-quality CPR with attention to pelvic ventilation (if not already done) to relieve pressure on major vessels in the abdomen to help with blood flow (rapid initiation of emergency medical services to direct care and early transport to the appropriate facility).

No, nonbreathable

Do immediately for as long as prompted by AED (rhythm check), or until ALS providers take victim starts to move.

over or victim starts to move.

2015 Aha Bls Pocket Card Guide

Reinhard Larsen



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Table of Contents 2015 Aha Bls Pocket Card Guide

1. Understanding the eBook 2015 Aha Bls Pocket Card Guide
 - The Rise of Digital Reading 2015 Aha Bls Pocket Card Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying 2015 Aha Bls Pocket Card Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 2015 Aha Bls Pocket Card Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from 2015 Aha Bls Pocket Card Guide
 - Personalized Recommendations
 - 2015 Aha Bls Pocket Card Guide User Reviews and Ratings
 - 2015 Aha Bls Pocket Card Guide and Bestseller Lists
5. Accessing 2015 Aha Bls Pocket Card Guide Free and Paid eBooks

- 2015 Aha Bls Pocket Card Guide Public Domain eBooks
 - 2015 Aha Bls Pocket Card Guide eBook Subscription Services
 - 2015 Aha Bls Pocket Card Guide Budget-Friendly Options
6. Navigating 2015 Aha Bls Pocket Card Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - 2015 Aha Bls Pocket Card Guide Compatibility with Devices
 - 2015 Aha Bls Pocket Card Guide Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 2015 Aha Bls Pocket Card Guide
 - Highlighting and Note-Taking 2015 Aha Bls Pocket Card Guide
 - Interactive Elements 2015 Aha Bls Pocket Card Guide
 8. Staying Engaged with 2015 Aha Bls Pocket Card Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 2015 Aha Bls Pocket Card Guide
 9. Balancing eBooks and Physical Books 2015 Aha Bls Pocket Card Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 2015 Aha Bls Pocket Card Guide
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine 2015 Aha Bls Pocket Card Guide
 - Setting Reading Goals 2015 Aha Bls Pocket Card Guide
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of 2015 Aha Bls Pocket Card Guide
 - Fact-Checking eBook Content of 2015 Aha Bls Pocket Card Guide
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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