

AHA CPR **GUIDELINES UPDATE 2015**

HIGH QUALITY CPR (ADULTS) GUIDELINES FOR BLS PROVIDERS

RECOGNITION OF CARDIAC ARREST

- CHECK FOR RESPONSIVENESS
 NO BREATHING OR ONLY BREATHING
 NO DEFINITE PULSE FELT WITHIN 10 SECONDS

ACTIVATION OF EMERGENCY RESPONSE SYSTEM

IF YOU ARE ALONE WITH NO MOBILE PHONE, LEAVE THE VICTIM TO ACTIVATE THE EMERGENCY RESPONSE SYSTEM AND GET THE AED BEFORE BEGINNING CPR OTHERWISE, SEND SOMEONE AND BEGIN CPR IMMEDIATELY; USE THE AED AS SOON AS IT IS AWAILABLE

COMPRESSION-VENTILATION RATIO WITHOUT ADVANCED AIRWAY

1 OR 2 RESCUERS=30:2



COMPRESSION-VENTILATION RATIO WITH ADVANCED AIRWAY

COMPRESSION RATE

100-120 COMPRESSIONS PER MINUTE

COMPRESSION DEPTH

AT LEAST 2 INCHES (5 CM)

HAND PLACEMENT

2 HANDS ON THE LOWER HALF OF THE BREASTBONE (STERNUM)

CHEST RECOIL

ALLOW FULL RECOIL OF CHEST AFTER EACH COMPRESSION

MINIMIZING INTERRUPTIONS

LIMIT INTERRUPTIONS IN THE CHEST COMPRESSIONS TO LESS THAN 10 SECONDS



DO'S AND DONT'S OF HIGH QUALITY CPR (ADULTS)

RESCUERS SHOULD 100-120 COMPRESSIONS PER MINUTE RESCUERS SHOULD NOT

COMPRESS TO A DEPTH OF AT LEAST 2 INCHES

LEAN ON THE CHEST BETWEEN COMPRESSIONS

IINIMIZE PAUSES IN COMPRESSIONS

PENTILATE ADEQUATELY

DECAME EXCESSIVE VENTURATION

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Table of Contents Aha Cpr Guidelines 2011 Chart

- 1. Understanding the eBook Aha Cpr Guidelines 2011 Chart
 - The Rise of Digital Reading Aha Cpr Guidelines 2011 Chart
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Aha Cpr Guidelines 2011 Chart
 - 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 Aha Cpr Guidelines 2011 Chart
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Aha Cpr Guidelines 2011 Chart
 - Personalized Recommendations
 - Aha Cpr Guidelines 2011 Chart User Reviews and Ratings
 - Aha Cpr Guidelines 2011 Chart and Bestseller Lists
- 5. Accessing Aha Cpr Guidelines 2011 Chart Free and Paid eBooks

- Aha Cpr Guidelines 2011 Chart Public Domain eBooks
- Aha Cpr Guidelines 2011 Chart eBook Subscription Services
- Aha Cpr Guidelines 2011 Chart Budget-Friendly Options
- 6. Navigating Aha Cpr Guidelines 2011 Chart eBook Formats
 - ∘ ePub, PDF, MOBI, and More
 - Aha Cpr Guidelines 2011 Chart Compatibility with Devices
 - Aha Cpr Guidelines 2011 Chart Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aha Cpr Guidelines 2011 Chart
 - Highlighting and Note-Taking Aha Cpr Guidelines 2011 Chart
 - Interactive Elements Aha Cpr Guidelines 2011 Chart
- 8. Staying Engaged with Aha Cpr Guidelines 2011 Chart
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aha Cpr Guidelines 2011 Chart
- 9. Balancing eBooks and Physical Books Aha Cpr Guidelines 2011 Chart
 - Benefits of a Digital Library
 - \circ Creating a Diverse Reading Collection Aha Cpr Guidelines 2011 Chart
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Aha Cpr Guidelines 2011 Chart
 - Setting Reading Goals Aha Cpr Guidelines 2011 Chart
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aha Cpr Guidelines 2011 Chart
 - Fact-Checking eBook Content of Aha Cpr Guidelines 2011 Chart
 - 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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