

AHA Study Guide for the BLS Exam (2021)

ANSWER KEY

Name _____ Class/Date/Time _____

The following study guide has been created to assist you with preparing for the American Heart Association's BLS (Basic Life Support) exam. The answers to this study guide can be found in the American Heart Association's 2020 BLS Provider Manual. The page numbers are noted for each section of the study guide. This worksheet is to be completed by the student and turned in to your instructor prior to the administration of your AHA-BLS exam. This document can be down loaded and saved as a Word doc, so spacing can be adjusted to meet your needs.

Part 1 - General Course Concepts. (pgs. 1- 3)

1. Despite advances in prevention, sudden Cardiac Arrest remains a leading cause of death in many countries.
2. Outcome from out-of-hospital cardiac arrest **remains poor**. Only 10 % of adult patients with nontraumatic cardiac arrest who are treated by emergency medical services survive to hospital discharge.
3. The 2 key components of CPR are chest chest compressions and breaths.



Critical Concepts: High-Quality CPR

- A. Start compressions within 10 seconds after recognized cardiac arrest.
- B. Push hard, push fast. Compress at a rate of 100 to 120 per minute.
- C. Compress the chest of **adults** at least 2 inches (5 cm), but no more than 2.4 inches (6 cm).
- D. Compress the chest of **children** at least 1/3 the depth of the chest, this is approximately 2 inches (5 cm).
- E. Compress the chest of **infants** at least 1/3 the depth of the chest, this is approximately 1.5 inches (4 cm).
- F. Allow for complete chest recoil after each compression.
- G. Minimize interruptions in chest compressions. (Try to limit interruptions to less than 10 seconds.)
- H. Give effective breaths. Deliver each breath over one second, enough to make the victim's chest rise.
- I. Avoid excessive ventilation.

Aha Bsl Study Guide For Written Tst

Michael Hoelscher



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Table of Contents Aha Bsl Study Guide For Written Tst

1. Understanding the eBook Aha Bsl Study Guide For Written Tst
 - The Rise of Digital Reading Aha Bsl Study Guide For Written Tst
 - Advantages of eBooks Over Traditional Books
2. Identifying Aha Bsl Study Guide For Written Tst
 - 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 Bsl Study Guide For Written Tst
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aha Bsl Study Guide For Written Tst
 - Personalized Recommendations
 - Aha Bsl Study Guide For Written Tst User Reviews and Ratings
 - Aha Bsl Study Guide For Written Tst and Bestseller Lists
5. Accessing Aha Bsl Study Guide For Written Tst Free and Paid eBooks
 - Aha Bsl Study Guide For Written Tst Public Domain eBooks
 - Aha Bsl Study Guide For Written Tst eBook Subscription Services
 - Aha Bsl Study Guide For Written Tst Budget-Friendly Options

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