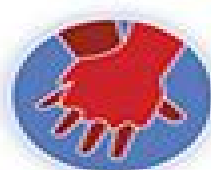


BLS

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

2011 Aha Bls Pocket Card Guide

Lauren Gardner



2011 Aha Bls Pocket Card Guide:

Decoding **2011 Aha Bls Pocket Card Guide**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**2011 Aha Bls Pocket Card Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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