

BLS for Healthcare Providers

Quick Reference

C-A-B (Not A-B-C)

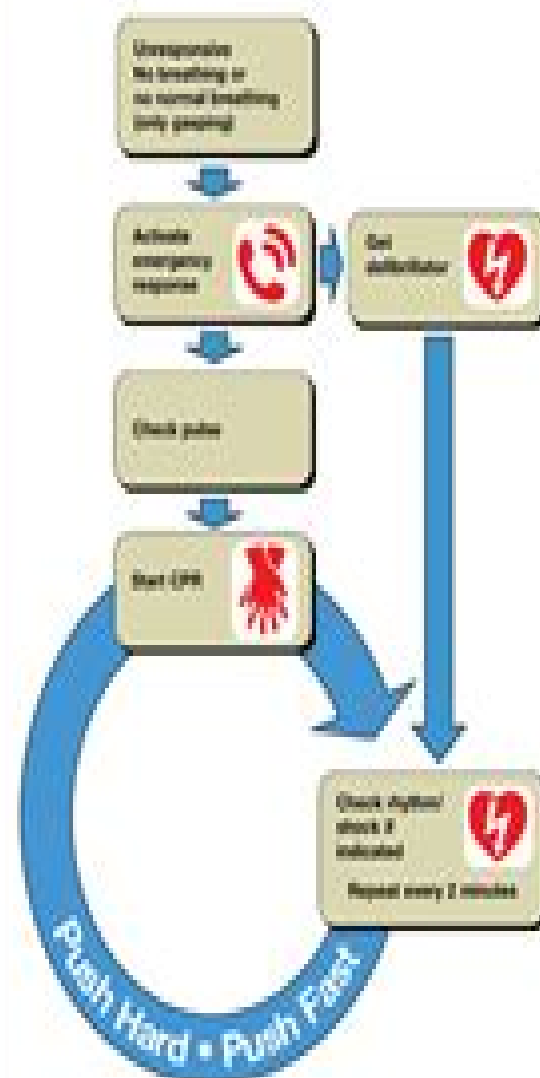


BLS for Healthcare Providers Critical Concepts

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 1½ inches (4 cm) for infants.
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to <10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

Simplified Adult BLS Algorithm for Healthcare Providers



Bls Pocket Guide

LL Leslie



Bls Pocket Guide:

A Pocket Guide for Student Midwives Stella McKay-Moffat, Pamela Lee, 2011-11-28 A Pocket Guide for Student Midwives is an accessible portable book offering student midwives everything they need to grasp the key elements of midwifery language knowledge and skills The new edition of this useful aide memoire is divided into two parts The first includes relevant terms abbreviations and definitions The second part is a quick A Z reference guide to common conditions procedures emergency situations and supporting information enhanced by visual material to aid comprehension of normality and anomalies The innovative action flow charts enable rapid access to information that logically guides the reader through procedures in potentially life threatening situations in both home and hospital settings A Pocket Guide for Student Midwives is essential reading for the new non nurse student midwife the experienced nurse entering the midwifery profession and senior student midwives

Military Publications United States. Department of the Army, 1978 **Military Publications**, 1977-03 **U.S. Government Books**, 1985 *Pocket Guide to APA Style* Robert Perrin, 2007 *Pocket Guide to APA Style*

Index of Administrative Publications United States. Department of the Army, 1979-12 *Business References Catalog*, *Map Librarianship* Susan Elizabeth Ward Aber, Jeremy Aber, 2016-11-04 Map Librarianship identifies basic geoliteracy concepts and enhances reference and instruction skills by providing details on finding downloading delivering and assessing maps remotely sensed imagery and other geospatial resources and services primarily from trusted government sources By offering descriptions of traditional maps geographic information systems GIS remote sensing and other geospatial technologies the book provides a timely and practical guide for the map and geospatial librarian to blend confidence in traditional library skill sets Includes rarely discussed concepts of citing and referencing maps and geospatial data fair use and copyright Creates an awareness and appreciation of existing print map collections while building digital stewardship with surrogate map and aerial imagery collections Provides an introduction to the theory and applications of GIS remote sensing participatory neogeography and neocartography practices and other geospatial technologies Includes a list of geospatial resources with descriptions and illustrations of commonly used map types and formats online geospatial data sources and an introduction to the most commonly used geospatial software packages available on both desktop and mobile platforms

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