

THE ULTIMATE BLS FIELD GUIDE INFOGRAPHIC

Basic life support (BLS) skills can make the difference between life and death for a patient. A BLS field guide and summary sheet are essential for preparing responders for any resuscitation event.

SureFire CPR

911



BLS Core Components

The two primary components of BLS are **cardiopulmonary resuscitation (CPR)** and automated external **defibrillator (AED)** use.



3 Steps of CPR

CPR involves a series of chest compressions and ventilation. To administer CPR, follow the **3 steps of CAB**:

1. Deliver **chest** compressions, using quick, firm motions
2. Open the **airway** by tilting the head and lifting the chin
3. Administer **breaths** (mouth-to-mouth breathing)



Steps for AED Use

An AED is an effective and relatively simple device to use in the event of cardiac arrest. **To operate an AED, follow these steps:**

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What does Cardiac Arrest Look Like?

Common signs of cardiac arrest include:

- Sudden loss of consciousness
- Gasp for air or not breathing at all
- No response to shaking or shouting
- No pulse detected within 10 seconds

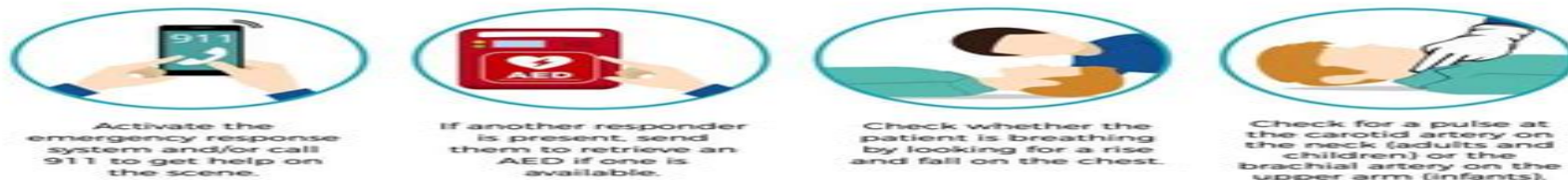


Assessing the Situation and the Patient

When you encounter a person in need of assistance:

Confirm the scene is safe before approaching the victim. If it is not, call 911 from a safe location

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Mike Jess



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Bls Refresher Course Study Guide Book Review: Unveiling the Power of Words

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Table of Contents Bls Refresher Course Study Guide

1. Understanding the eBook Bls Refresher Course Study Guide
 - The Rise of Digital Reading Bls Refresher Course Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Bls Refresher Course Study 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 Bls Refresher Course Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Bls Refresher Course Study Guide
 - Personalized Recommendations
 - Bls Refresher Course Study Guide User Reviews and Ratings

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