

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 130 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.

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Brendan G. Carr



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