Summary of High-Quality CPR Components for BLS Providers



Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency	If a mobile device is available, phone emergency services (9-1-1)		
response system	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30-2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1% inches (4 cm
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	7 rescuer 2 fingers or 2 thumbs in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb—encircling hands in the center of the chest, just below the nipple line If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression: do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

"Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

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Leia Levy

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Table of Contents Bls Study Guide For 2013

- 1. Understanding the eBook Bls Study Guide For 2013
 - The Rise of Digital Reading Bls Study Guide For 2013
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Bls Study Guide For 2013
 - 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 Study Guide For 2013
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Bls Study Guide For 2013
 - Personalized Recommendations
 - Bls Study Guide For 2013 User Reviews and Ratings
 - Bls Study Guide For 2013 and Bestseller Lists

- 5. Accessing Bls Study Guide For 2013 Free and Paid eBooks
 - Bls Study Guide For 2013 Public Domain eBooks
 - Bls Study Guide For 2013 eBook Subscription Services
 - Bls Study Guide For 2013 Budget-Friendly Options
- 6. Navigating Bls Study Guide For 2013 eBook Formats
 - o ePub, PDF, MOBI, and More
 - Bls Study Guide For 2013 Compatibility with Devices
 - Bls Study Guide For 2013 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Bls Study Guide For 2013
 - Highlighting and Note-Taking Bls Study Guide For 2013
 - Interactive Elements Bls Study Guide For 2013
- 8. Staying Engaged with Bls Study Guide For 2013
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Bls Study Guide For 2013
- 9. Balancing eBooks and Physical Books Bls Study Guide For 2013
 - Benefits of a Digital Library
 - \circ Creating a Diverse Reading Collection Bls Study Guide For 2013
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Bls Study Guide For 2013
 - Setting Reading Goals Bls Study Guide For 2013
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Bls Study Guide For 2013
 - Fact-Checking eBook Content of Bls Study Guide For 2013
 - 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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