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%		

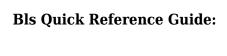
"Compression depth should be no more than 2.4 inches (6 cm).

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

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Bls Quick Reference Guide

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Table of Contents Bls Quick Reference Guide

- 1. Understanding the eBook Bls Quick Reference Guide
 - The Rise of Digital Reading Bls Quick Reference Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Bls Quick Reference Guide
 - Exploring Different Genres
 - $\circ\,$ 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 Quick Reference Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Bls Quick Reference Guide

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

- Fact-Checking eBook Content of Bls Quick Reference 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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