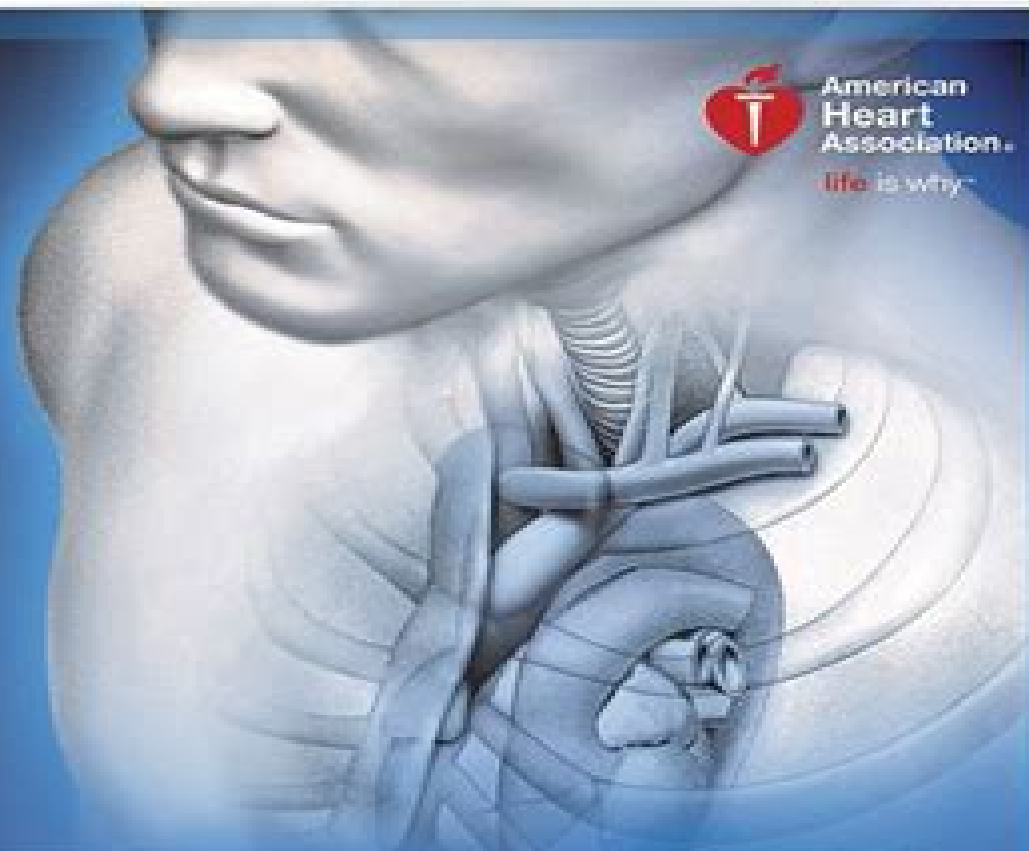




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# BASIC LIFE SUPPORT

PROVIDER MANUAL

## BLS

Basic Life Support  
Quick Reference



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### C-A-B



Compressions



Airway



Breaths

#### Critical Concepts

High-quality CPR increases a patient's chances of survival. The minimum standards of high-quality CPR include the following:

- **Start compressions within 10 seconds** of recognition of cardiac arrest.
- **Push hard, push fast.** Compress at a rate of 100 to 120/min with a depth of:
  - At least 2 inches (5 cm) for adults.
  - At least one-third the depth of the chest, about 1.5 inches (4 cm) for children.
  - At least one-third the depth of the chest, about 1.5 inches (4 cm) for infants.
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions. Try to keep interruptions as few as possible.
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

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# American Heart Association BLS Study Guide

**Lei Shi**



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