

# 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 response system	If a mobile device is available, phone emergency services (9-1-1)		
	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	<b>Witnessed collapse</b> Follow steps for adults and adolescents on the left <b>Unwitnessed collapse</b> 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 1½ 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)	1 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 Cpr Study Guide For 2013 Guidelines

**Speedy Publishing**



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Mosby's Radiation Therapy Study Guide and Exam Review Leia Levy, 2025-08-21 Reinforce your understanding of radiation therapy and prepare for the Registry exam Mosby's Radiation Therapy Study Guide and Exam Review Second Edition is both a study companion for Washington and Leaver's Principles and Practice of Radiation Therapy and a superior review for the ARRT Radiation Therapy Certification Exam This completely updated edition reflects the latest exam specifications and features an easy to read format that presents information in concise bullets and tables More than 2 000 total multiple choice questions in Registry format provide a realistic testing experience to prepare you for the real exam NEW Quality control procedures and guidelines for linear accelerators NEW Fractionation and protraction considerations UPDATED Content reflects the latest ARRT Radiation Therapy Certification Exam Specifications UPDATED Radiation Protection and Safety and Overview of Cancer Imaging and Management Modalities chapters offer the most current information in these key areas EXPANDED Charge capture and record keeping content enhances the Oncology Patient Care chapter EXPANDED Additional cross sectional images provide anatomy review and reinforce treatment planning concepts More than 2 000 multiple choice questions in Registry format in the text and on the companion Evolve website provide a realistic exam experience Complete coverage helps you prepare for the ARRT Radiation Therapy Certification Exam Content review in outline and tabular format provides a concise recap of the material you need to know to succeed on the exam Exercises at the end of each section offer engaging active review opportunities Textbook of Emergency & Trauma Care Devendra Richhariya, 2018-02-28 This book is a comprehensive guide to emergency and trauma care covering the complete process from pre hospital care rapid and point of care assessment and triaging to care of the patient during transfer and in hospital care Beginning with a general overview of emergency care and resuscitation the following sections discuss the treatment of emergencies and trauma in different systems of the body A complete section is dedicated to paediatric emergencies The final chapters cover trauma management toxicology disaster management and environmental emergencies such as thermal and chemical burns and snake bites The descriptive text is further enhanced by more than 700 flowcharts tables diagrams clinical photographs and short notes to assist learning Key points Comprehensive guide to emergency and trauma care Covers management of emergencies in different systems of the body Includes section on paediatric emergencies Highly illustrated with flowcharts tables diagrams photographs and short notes **Critical Heart Disease in Infants and Children E-Book** Ross M. Ungerleider, Kristen Nelson McMillan, David S. Cooper, Jon N. Meliones, Jeffrey Jacobs, 2018-09-26 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Pediatric Surgery Now in brilliant full color and reflecting recent significant changes in the field Critical Heart Disease in Infants and Children 3rd Edition keeps you abreast of the skills and knowledge required to safely care for children with congenital and acquired heart disease in the ICU Pediatric intensivists cardiologists cardiac surgeons and anesthesiologists from leading centers around the world provide a

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**Basic Life Support Provider Manual - A Comprehensive Guide Covering the Latest Guidelines** S Meloni, M D, Medical Creations, M Mastenbjörk, M D, 2021-04-29 Basic Life Support BLS Provider Manual The content in this handbook is in compliance with the 2020 guidelines for CPR and ECC Emergency Cardiac Care recently released by the American Heart Association therefore all the protocols illustrated in this book are based on up to date evidence These guidelines are updated every 5 years The BLS Provider Manual is a complete guide and reference tool that covers all the information students need to know in order to successfully complete the BLS course For easier learning multiple choice questions can be found at the end of each chapter The answers to these exercises are found at the very end of the book Basic Life Support BLS refers to a set of procedures that can be learned to prolong survival in life threatening situations until more professional help is available Any individual can become certified in basic life support protocols These protocols are frequently updated based on the latest evidence available and every individual who undergoes BLS certification may need to refresh their knowledge every two years Medical professionals usually have a sound understanding of basic life support protocols Even then it is essential for them to frequently undergo certifications to update their knowledge regarding the latest evidence based protocols This handbook is designed for both medical professionals and non healthcare individuals It aims to establish a sound understanding of the mechanisms underlying basic life support The intended audience is healthcare students and personnel who need to learn how to perform CPR and other basic cardiovascular life support skills in a wide variety of both clinical and prehospital settings Go to the top right of the page and click Add to Cart

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[CPR And First Aid Care \(Speedy Study Guides\)](#) MDK Publishing, 2015-04-28 Who says you need videos to learn CPR This powerful guide will give you a step by step instruction to CPR and first aid care This guide should be given to all first aid rescuers even to moms and dads caring for little children With this guide you will hold the power to save someone else's life Buy a copy today

**Basic Life Support Learning Manual** Annette Purseley, 2023-05-02 This book is meant for anyone who wants to learn BLS and CPR It aims to

establish a solid comprehension of BLS principles and most recent guidelines All of the protocols shown here are based on current research The term Basic Life Support or BLS refers to a set of procedures that can be learned to help people survive life threatening situations until more qualified assistance arrives Any individual can become affirmed in essential life support conventions However these protocols are frequently updated based on the most recent evidence and it may be necessary to refresh one s knowledge every two years for those who receive BLS certification The fundamental life support protocols are typically well understood by medical professionals However even in that case it is absolutely necessary for them to take certification exams on a regular basis in order to keep up with the most recent evidence based protocols This guide is meant for people who aren t in the medical field as well Its objective is to establish a solid comprehension of the basic life support mechanisms You will thanks to this book Have an unmistakable comprehension of the standards of BLS and the most recent rules Have the option to take the BLS course Check whether you remember everything on account of the inquiries after every part

**Basic Life Support (BLS) Provider Handbook** Karl Disque,2016-11-14 The Save a Life Initiative has just released its newest course Basic Life Support This manual is based on the 2015 2020 Basic Life Support guidelines published by the American Heart Association The Basic Life Support BLS Provider Handbook is a comprehensive resource intended for health care professionals currently enrolled in a Basic Life Support Certification or Recertification Course It serves as the primary training material for BLS Certification and Recertification courses Although it is primarily intended for professionals to use during their courses the handbook was also created to serve as daily resource material for health care professionals Information covered in the handbook includes Basic Life Support instruction for adults and children AED usage airway obstruction and rescue breathing techniques and more Specific Algorithms for BLS and more are also included within the handbook All material included in this handbook is delivered in a manner meant to enhance learning in the most comprehensive and convenient way possible

**BLS Certification Exam Q&a with Explanations** Michele G. Kunz,Jr. Joseph C. Kunz,2017-01-15 This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the BCLS BLS CPR certification exam for the first time This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines

**CPR Lifesaving Reference Guide (Speedy Study Guide)** Speedy Publishing,2014-12-07 When a life is at stake you will want to do everything you can to ensure that person makes it out alive When CPR is needed it is crucial to administer the procedure properly This is where CPR Lifesaving reference guides come into play These handy guides will let an individual know the steps needed to complete CPR These guides help save lives in emergencies for people who haven t taken a full CPR course at their local Red Cross Station

**Zombie Notes Quick and Easy Guides for Healthcare Professionals and Students** Michele G. Kunz,Joseph C. Kunz, Jr.,2012-08-01 Everything you need to know about the AHA BLS and CPR certification class exam so that you can painlessly pass it on your first attempt Includes four of the Zombie Notes Study



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