

C-A-B of CPR for Adults, Children, and Infants*

| Component | Recommendations | | |
|--------------------------------------|---|---|---|
| | Adults | Children | Infant |
| Recognition | Unresponsive (for all ages) | | |
| | Check for responsiveness and breathing simultaneously | | |
| | No breathing or no normal breathing (ie, only gasping) | No breathing or only gasping | |
| | Activate 911 and get the AED or send second rescuer (if available) to do this | | |
| | Check a pulse for no more than 10 seconds | | |
| CPR sequence | C-A-B Chest compressions, Airway, Breathing | | |
| Compression rate | At least 100/min on the lower half of the breastbone | | |
| Compression depth | At least 2 inches (5 cm) | At least 1/3 AP diameter About 2 inches (5 cm) | At least 1/3 AP diameter About 1% or 1.5 inches (4 cm) |
| Chest wall recoil | Allow complete recoil between compressions Rotate compressors every 2 minutes to reduce fatigue during CPR. | | |
| Compression interruptions | Minimize interruptions in chest compressions Attempt to limit interruptions to <10 seconds | | |
| Airway | Head tilt-chin lift (suspected trauma: jaw thrust). Avoid excessive ventilation. | | |
| Compression- ventilation ratio | 30:2 Single rescuer or 2-rescuers | 30:2 Single rescuer 15:2 Two rescuers | |
| Ventilations with advanced airway | 1 breath every 6-8 seconds (8-10 breaths/min) Asynchronous with chest compressions (at least 100/min) About 1 second per breath with visible chest rise | | |
| Defibrillation | Attach and use AED as soon as available. Minimize interruptions in chest compressions before and after shock; resume CPR beginning with compressions immediately after each shock. | | |

Abbreviations: AED, Automated External Defibrillator, AR Anterior Posterior, CPR, CardioPulmonary Resuscitation.

* Excluding the newly born, in whom the etiology of an arrest is nearly always asphyxial.

BLS for Healthcare Providers Critical Concepts

High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include:

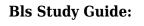
- Start compressions within 10 seconds of recognition of cardiac arrest. It is important to compress to the appropriate depth to create blood flow. Compressions are important because they pump blood to the rest of the body.
- Push hard, push fast: Compress at a rate of at least 100/min with a depth of at least 2 inches (5cm) for adults, approximately 2 inches (5cm) for children, and approximately 1 % or 1.5 inches (4cm) for infants.
- Allow complete chest recoil after each compression. Complete chest recoil contributes to effective CPR by allowing the heart to refill with blood between compressions.
- Minimize interruptions in compressions (try to limit interruptions to < 10 seconds).
- Give effective breaths that make the chest rise.
- Avoid excessive ventilation.

Automated External Defibrillator-AED

- As soon as an AED becomes available, the first step the rescuer should perform is to turn on the AED.
- After the AED delivers a shock, the rescuer should immediately restart CPR, beginning with chest compressions.
- Using an AED for a child less than 8 years of age, adult pads/dose may be used if pediatric pads/dose attenuator are not available.

Bls Study Guide

Christian Drosten



This book delves into Bls Study Guide. Bls Study Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Bls Study Guide, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 2: Essential Elements of Bls Study Guide
 - Chapter 3: Bls Study Guide in Everyday Life
 - Chapter 4: Bls Study Guide in Specific Contexts
 - ∘ Chapter 5: Conclusion
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- 6. In chapter 5, this book will draw a conclusion about Bls Study Guide. This chapter will summarize the key points that have been discussed throughout the book.
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