

# 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**

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McMillan, David S. Cooper, Jon N.  
Meliones, Jeffrey Jacobs**



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students and practitioners seeking clear objective coverage of core pathophysiologic and therapeutic elements **Strange and Schafermeyer's Pediatric Emergency Medicine, Fifth Edition** Robert W. Schafermeyer, Milton Tenenbein, Charles G. Macias, Ghazala Sharieff, Loren Yamamoto, 2018-09-22 Concise current need to know coverage of emergency medicine in children presented in full color Endorsed by the American College of Emergency Physicians a comprehensive and current resource for anyone who cares for children in an acute setting from the office to the emergency department Its presentation is straightforward and the information is easy to read and assimilate It will be a valuable resource for those in the field of pediatric emergency medicine as well as other practitioners who occasionally care for sick children JAMA reviewing an earlier edition This clinically focused guide covers the entire field of pediatric emergency medicine Featuring a strong focus on practical need to know information Pediatric Emergency Medicine Fifth Edition is bolstered by numerous full color images bulleted High Yield Facts at the beginning of each chapter nearly 100 diagnostic and treatment algorithms and treatment tables with drug dosages Endorsed by the American College of Emergency Physicians this book is perfect for use in the emergency department or the pediatric clinic FEATURES Chapters open with bulleted High Yield Facts followed by just enough pathophysiology for understanding and continue with a focus on what needs to be done to protect and save the child Broad scope spans the full spectrum of pediatric emergencies from trauma care to psychosocial emergencies NEW CHAPTER on Brief Resolved Unexplained Events BRUE Opens with an important symptom based section of Cardinal Presentations that familiarizes you with crucial life saving protocols Covers all major categories of disease that present in children on an urgent or emergent basis If you are in need of a very readable and easily accessible evidence based text written to help you provide high quality emergency medical care to children your search ends here [BLS Provider Manual 2025-2026](#) Pedro C White, 2025-08-24 Your Ultimate Resource for BLS Certification and Emergency Response Success Are you ready to master Basic Life Support BLS and become a confident responder in emergency situations This comprehensive manual is designed to help you pass the BLS certification exam and develop the skills and knowledge needed to respond effectively in real world emergencies What You ll Get Complete Certification Coverage Master adult child and infant CPR AED operation rescue breathing choking relief team dynamics and BLS for special populations 700 Practice Questions Scenario based practice questions that simulate real world emergencies and challenge your clinical decision making skills Aligned with Latest Guidelines Fully updated with the latest 2025 American Heart Association AHA ILCOR and NREMT guidelines and recommendations Scenario Based Learning Learn how to interpret real world BLS scenarios eliminate distractors and choose the right intervention under pressure Time Saving Test Prep Strategies Expert tips for managing exam time conquering nerves and passing your hands on skills evaluation Why Choose This Manual Comprehensive Coverage In depth review of BLS topics including CPR AED and relief of choking Real World Application Gain confidence in responding to emergencies in various settings from homes and schools to clinics and disasters Expert Guidance Tips and strategies from experienced

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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 Charts Three full



practice exams created by Nurse Michele that simulate the actual written exam and cover every possible medical scenario and topic on the BLS and CPR certification exam Michele also gives you an easy to understand explanation of every question and answer All the information advice and guidance you need to pass the entire AHA certification class the written exam the skills stations and the lecture     BLS for Healthcare Providers Student Manual Jane John-Nwankwo, Msn Jane John-Nwankwo Rn, 2017-01-02 Basic Life Support Handbook     **BLS for Healthcare Providers Student Manual** American Crisis Association, American Crisis Prevention Association ACPMA, 2018-01-04 This book is a simplified manual for Cardio Pulmonary Resuscitation CPR     **BLS for Healthcare Providers** American Heart Association, 2006-02-28

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