

## 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 1½ 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; AP, 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 1½ 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

**United States. Congress. Joint  
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## **Bls Study Guide:**

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**Bottleneckers** William Mellor, Dick M. Carpenter II, 2016-12-13 Bottleneckers a person who advocates for the creation or perpetuation of government regulation particularly an occupational license to restrict entry into his or her occupation thereby accruing an economic advantage without providing a benefit to consumers The Left Right and Center all hate them powerful special interests that use government power for their own private benefit In an era when the Left hates fat cats and the Right despises crony capitalists now there is an artful and memorable one word pejorative they can both get behind bottleneckers A bottleneckers is anyone who uses government power to limit competition and thereby reap monopoly profits and other benefits Bottleneckers work with politicians to constrict competition entrepreneurial innovation and opportunity They thereby limit consumer choice drive up consumer prices and they support politicians who willingly overstep the constitutional limits of their powers to create maintain and expand these anticompetitive bottlenecks The Institute for Justice's new book Bottleneckers coins a new word in the American lexicon and provides a rich history and well researched examples of bottleneckers in one occupation after another from alcohol distributors to taxicab cartels pointing the way to positive reforms

**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

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*Guide to Developing a Fall Protection Program*, 1998

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**Employment and Unemployment** United States. Congress. Joint Economic Committee, 1962 Examines unemployment statistics for adequacy of measurement and analyzes their structure and economic interpretation

**The Trump Effect** L. Rowand Archer, 2022-11-03 With the election of Donald Trump on November 8 2016 Americans experienced a sense of relief and joy knowing they could again participate in a vibrant business environment that offers them the power of self determination and the freedom to pursue their life goals and live according to their faith unencumbered by political correctness and the stifling ideology of creeping socialism For the last fifty or so years the dark side left have though academia the entertainment industry deep state bureaucrats and the liberal big media successfully been undoing the centuries old institutions of free market economies which has created unprecedented wealth the world over In its place the dark side left have been molding these institutions to reflect their warped ideology of a new socialist world order with no boarder and based on a Marxist progressive left utopia an oxymoron if there ever is one The long term strategy for achieving their transition relies on undermining the economic engine by enacting burdensome big government regulations by imposing political correctness and identity politics into our daily conversations social interactions and norms and finally by attacking one's religious faith and values The dark side left's long march through the culture has resulted in the indoctrination of each new generation using the direct influence of academia movies and television programs the daily news coverage and government policy Miraculously as if by divine intervention after just one year of his presidency Donald Trump has managed to force into the open this sinister plot by the dark side left with the world now acutely aware of the

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placement to assist the offender in developing and implementing an aftercare plan to assure cessation of all domestic violence batterer intervention treatment program

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