

BLS for Healthcare Providers Study Guide and Pretest



Vanderbilt Resuscitation Program

Adult CPR

■ 1-Rescuer CPR Sequence

- check for responsiveness
- if no response, activate 911 and get the AED
- open the airway
- look, listen, & feel for breathing
- no breathing, give 2 breaths
- check carotid pulse
- no pulse, begin chest compressions
- continue 30 compressions and 2 breaths until the AED arrives, ALS takes over, or the victim moves

Reminders

- Take 5-10 seconds to check for breathing and pulse
- Ensure chest rises with each breath
- Place hands in the center of the chest for compressions
- Allow chest to recoil completely or return to its normal position
- Compression rate: 100/minute
- Compress 1 1/2 to 2 inches

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Patrick Vollmar



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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 **R.R. Bowker's Software for Schools** ,1987

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