

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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B. Jordan**



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