

# BLS

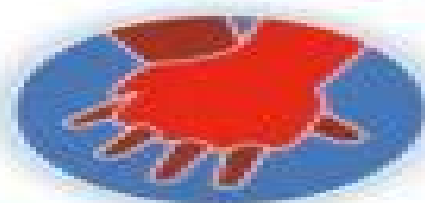
Basic Life Support  
Quick Reference



American  
Heart  
Association.

life is why™

## C-A-B



**C**ompressions



**A**irway



**B**reaths

### Critical Concepts

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

- **Start compressions within 10 seconds** of recognition of cardiac arrest.
- **Push hard, push fast:** Compress at a rate of 100 to 120/min with a depth of
  - At least 2 inches (5 cm) for adults
  - At least one third the depth of the chest, about 2 inches (5 cm), for children
  - At least one third the depth of the chest, about 1½ inches (4 cm), for infants
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to less than 10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

## 15 Bls Pocket Guide

**Robert WALLACE (A.M., Collegiate  
Tutor of the University of London.)**

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## **Table of Contents 15 Bls Pocket Guide**

1. Understanding the eBook 15 Bls Pocket Guide
  - The Rise of Digital Reading 15 Bls Pocket Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying 15 Bls Pocket Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an 15 Bls Pocket Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from 15 Bls Pocket Guide
  - Personalized Recommendations
  - 15 Bls Pocket Guide User Reviews and Ratings
  - 15 Bls Pocket Guide and Bestseller Lists
5. Accessing 15 Bls Pocket Guide Free and Paid eBooks
  - 15 Bls Pocket Guide Public Domain eBooks

- 15 Bls Pocket Guide eBook Subscription Services
- 15 Bls Pocket Guide Budget-Friendly Options
- 6. Navigating 15 Bls Pocket Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - 15 Bls Pocket Guide Compatibility with Devices
  - 15 Bls Pocket Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of 15 Bls Pocket Guide
  - Highlighting and Note-Taking 15 Bls Pocket Guide
  - Interactive Elements 15 Bls Pocket Guide
- 8. Staying Engaged with 15 Bls Pocket Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers 15 Bls Pocket Guide
- 9. Balancing eBooks and Physical Books 15 Bls Pocket Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection 15 Bls Pocket Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine 15 Bls Pocket Guide
  - Setting Reading Goals 15 Bls Pocket Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 15 Bls Pocket Guide
  - Fact-Checking eBook Content of 15 Bls Pocket Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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