

# BLS for Healthcare Providers Quick Reference

C-A-B (Not A-B-C)



## 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.
  - **Push hard, push fast:** Compress at a rate of at least 100/min with a depth of at least 2 inches (5 cm) for adults, approximately 2 inches (5 cm) for children, and approximately 1½ inches (4 cm) for infants.
  - **Allow complete chest recoil** after each compression.
  - **Minimize interruptions** in compressions (try to limit interruptions to <10 seconds).
  - **Give effective breaths** that make the chest rise.
  - **Avoid excessive ventilation.**

## Simplified Adult BLS Algorithm for Healthcare Providers



# Red Cross Bls Study Guide

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A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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