

# Summary of High-Quality CPR Components for BLS Providers



Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	<i>If a mobile device is available, phone emergency services (9-1-1)</i>		
	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR  Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	<b>Witnessed collapse</b> Follow steps for adults and adolescents on the left  <b>Unwitnessed collapse</b> Give 2 minutes of CPR  Leave the victim to activate the emergency response system and get the AED  Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio without advanced airway	<b>1 or 2 rescuers</b> 30:2	<b>1 rescuer</b> 30:2  <b>2 or more rescuers</b> 15:2	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	<b>1 rescuer</b> 2 fingers or 2 thumbs in the center of the chest, just below the nipple line  <b>2 or more rescuers</b> 2 thumb-encircling hands in the center of the chest, just below the nipple line  If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

\*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

# Cpr Study Guide 2014

**DP Hallahan**



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## **Table of Contents Cpr Study Guide 2014**

1. Understanding the eBook Cpr Study Guide 2014
  - The Rise of Digital Reading Cpr Study Guide 2014
  - Advantages of eBooks Over Traditional Books
2. Identifying Cpr Study Guide 2014
  - 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 Cpr Study Guide 2014
  - User-Friendly Interface
4. Exploring eBook Recommendations from Cpr Study Guide 2014
  - Personalized Recommendations
  - Cpr Study Guide 2014 User Reviews and Ratings
  - Cpr Study Guide 2014 and Bestseller Lists
5. Accessing Cpr Study Guide 2014 Free and Paid eBooks
  - Cpr Study Guide 2014 Public Domain eBooks
  - Cpr Study Guide 2014 eBook Subscription Services
  - Cpr Study Guide 2014 Budget-Friendly Options

6. Navigating Cpr Study Guide 2014 eBook Formats
  - ePub, PDF, MOBI, and More
  - Cpr Study Guide 2014 Compatibility with Devices
  - Cpr Study Guide 2014 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Cpr Study Guide 2014
  - Highlighting and Note-Taking Cpr Study Guide 2014
  - Interactive Elements Cpr Study Guide 2014
8. Staying Engaged with Cpr Study Guide 2014
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Cpr Study Guide 2014
9. Balancing eBooks and Physical Books Cpr Study Guide 2014
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Cpr Study Guide 2014
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Cpr Study Guide 2014
  - Setting Reading Goals Cpr Study Guide 2014
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Cpr Study Guide 2014
  - Fact-Checking eBook Content of Cpr Study Guide 2014
  - 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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