

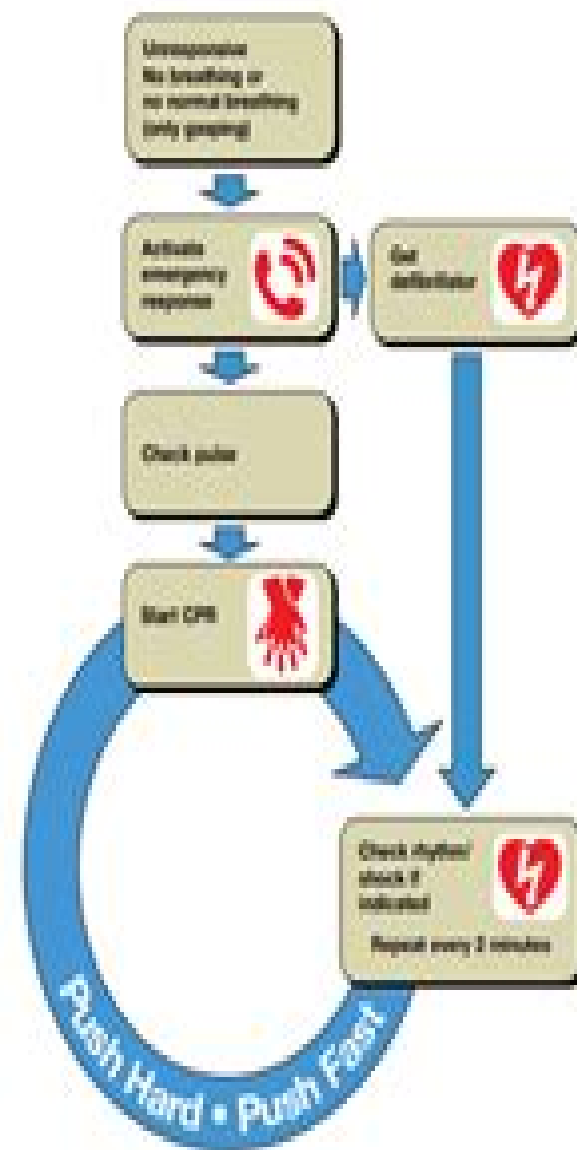
# BLS for Healthcare Providers Quick Reference

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



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.**



# American Red Cross Bls Study Guide 2015

**CO Houle**



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