

# AHA Study Guide for the BLS Exam (2021)

## ANSWER KEY

Name \_\_\_\_\_ Class/Date/Time \_\_\_\_\_

The following study guide has been created to assist you with preparing for the American Heart Association's BLS (Basic Life Support) exam. The answers to this study guide can be found in the American Heart Association's 2020 BLS Provider Manual. The page numbers are noted for each section of the study guide. This worksheet is to be completed by the student and turned in to your instructor prior to the administration of your AHA-BLS exam. This document can be down loaded and saved as a Word doc, so spacing can be adjusted to meet your needs.

### Part 1 - General Course Concepts. (pgs. 1- 3)

1. Despite advances in prevention, sudden Cardiac Arrest remains a leading cause of death in many countries.
2. Outcome from out-of-hospital cardiac arrest **remains poor**. Only 10 % of adult patients with nontraumatic cardiac arrest who are treated by emergency medical services survive to hospital discharge.
3. The 2 key components of CPR are chest chest compressions and breaths.



### Critical Concepts: High-Quality CPR

- A. Start compressions within 10 seconds after recognized cardiac arrest.
- B. Push hard, push fast. Compress at a rate of 100 to 130 per minute.
- C. Compress the chest of **adults** at least 2 inches (5 cm), but no more than 2.4 inches (6 cm).
- D. Compress the chest of **children** at least 1/3 the depth of the chest, this is approximately 2 inches (5 cm).
- E. Compress the chest of **infants** at least 1/3 the depth of the chest, this is approximately 1.5 inches (4 cm).
- F. Allow for complete chest recoil after each compression.
- G. Minimize interruptions in chest compressions. (Try to limit interruptions to less than 10 seconds.)
- H. Give effective breaths. Deliver each breath over one second, enough to make the victim's chest rise.
- I. Avoid excessive ventilation.

# Aha Bsl Study Guide For Written Tst

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## **Aha Bsl Study Guide For Written Tst:**

This book delves into Aha Bsl Study Guide For Written Tst. Aha Bsl Study Guide For Written Tst is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Aha Bsl Study Guide For Written Tst, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Aha Bsl Study Guide For Written Tst
    - Chapter 2: Essential Elements of Aha Bsl Study Guide For Written Tst
    - Chapter 3: Aha Bsl Study Guide For Written Tst in Everyday Life
    - Chapter 4: Aha Bsl Study Guide For Written Tst in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Aha Bsl Study Guide For Written Tst. This chapter will explore what Aha Bsl Study Guide For Written Tst is, why Aha Bsl Study Guide For Written Tst is vital, and how to effectively learn about Aha Bsl Study Guide For Written Tst.
  3. In chapter 2, the author will delve into the foundational concepts of Aha Bsl Study Guide For Written Tst. This chapter will elucidate the essential principles that must be understood to grasp Aha Bsl Study Guide For Written Tst in its entirety.
  4. In chapter 3, this book will examine the practical applications of Aha Bsl Study Guide For Written Tst in daily life. The third chapter will showcase real-world examples of how Aha Bsl Study Guide For Written Tst can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Aha Bsl Study Guide For Written Tst in specific contexts. The fourth chapter will explore how Aha Bsl Study Guide For Written Tst is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Aha Bsl Study Guide For Written Tst. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Aha Bsl Study Guide For Written Tst.

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