

BLS for Healthcare Providers

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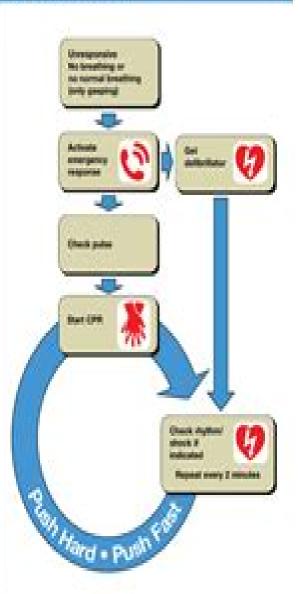
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## BLS for Healthcare Providers Critical Concepts

Simplified Adult BLS Algorithm for Healthcare Providers

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 cordac arrest.
- Push hand, 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 1% inches (4-cm) for infants.
- Allow complete chest receil after each compression.
- Minimize interruptions in compressions try to limit interruptions to <10 seconds).</li>
- Give effective breaths that make the cheef rise.
- · Aveid excessive ventilation.



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