

Pediatric BLS Algorithm for Healthcare Providers  
Single Rescuer

Quality Standard

- Associated Emergency
- Providers Algorithm

Summary of High-Quality CPR Components  
for BLS Providers

Ad-Ad

Component

Adults/Adolescents

**BLS**  
Basic Life Support  
Reference



American  
Heart  
Association

**C-A-B**



Compressions



Airway



Breaths

Critical Concepts

High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include the following:

- Start compressions within 10 seconds after recognizing cardiac arrest.
- Push hard and push fast: Compressions at a rate of 100 to 120/min, with a depth of:
  - At least 2 inches (5 cm) for adults
  - At least one third the depth of the chest, approximately 2 inches (5 cm), for children
  - At least one third the depth of the chest, approximately 1 1/2 inches (4 cm), for infants
- Allow complete chest recoil after each compression.
- Minimize interruptions in compressions—try to limit interruptions to less than 10 seconds.
- Give effective breaths that make the chest rise.
- Avoid resuscitative ventilation.

# 2013 Aha Bls Pocket Guide

**LL Leslie**

**2013 Aha Bls Pocket Guide:**

2013 Aha Bls Pocket Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. 2013 Aha Bls Pocket Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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