

# BLS

Basic Life Support  
Reference

Dr. Tayyaba



American  
Heart  
Association.

## C-A-B



**C**ompressions



**A**irway



**B**reaths

### 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:** Compress at a rate of 100 to 120/min with a depth of
  - At least 5 cm for adults
  - At least one third the depth of the chest, approximately 5 cm, for children
  - At least one third the depth of the chest, approximately 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 excessive ventilation.**

# Aha Bls Guidelines 23

**Christian Drosten**



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