

# Basic Life Support (BLS) CPR Algorithm



Keep the victim's face up on a flat, hard surface.



Kneel at the victim's side.



Position the heels of your hands one on top of the other on the lower half of the breastbone.



With your arms straight, push hard and fast.



Do not interrupt compressions until the AED is placed on the victim.

BLS compression rate for adults is between 100 and 120 per minute. Depth of chest compressions in ACLS between 2 and 2.4 inches (5-6 cm).



Allow the chest to recoil

# Basic Life Support Acls Bls Cpr

**JA Banks**



**Basic Life Support Acls Bls Cpr:**

## Whispering the Strategies of Language: An Psychological Journey through **Basic Life Support AcIs Bls Cpr**

In a digitally-driven world where monitors reign supreme and quick connection drowns out the subtleties of language, the profound techniques and mental nuances concealed within words usually get unheard. Yet, nestled within the pages of **Basic Life Support AcIs Bls Cpr** a captivating literary value sporting with natural emotions, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, that wonderful opus invites viewers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within ab muscles cloth of every word. Within the mental depths of this touching evaluation, we can embark upon a genuine exploration of the book is primary subjects, dissect its charming publishing fashion, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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