

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

Bls Cpr Guidelines 22

Michael Brown



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Bls Cpr Guidelines 22 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Bls Cpr Guidelines 22**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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