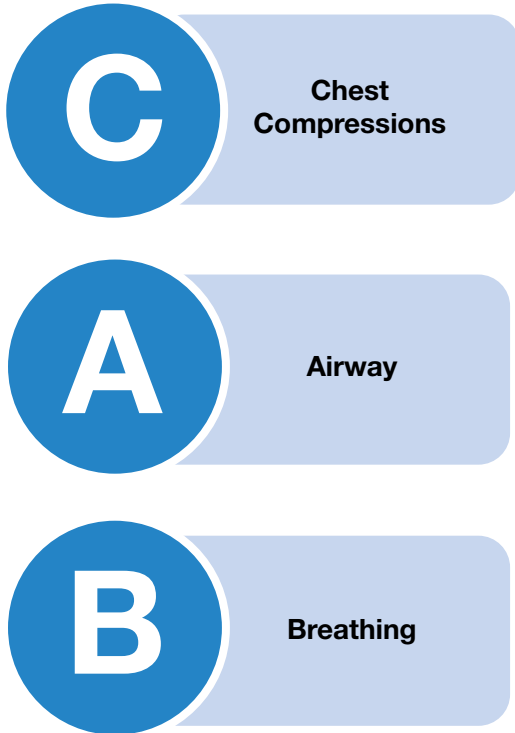


# BLS for Healthcare Providers

## Quick Reference

### C-A-B (Not A-B-C)



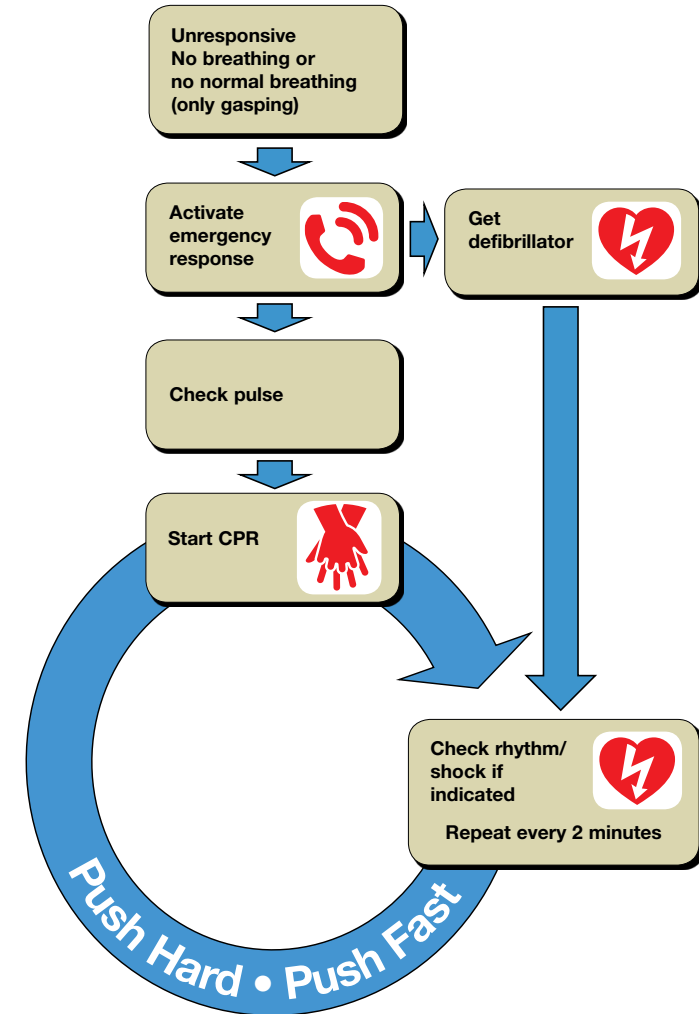
### BLS for Healthcare Providers

#### Critical Concepts

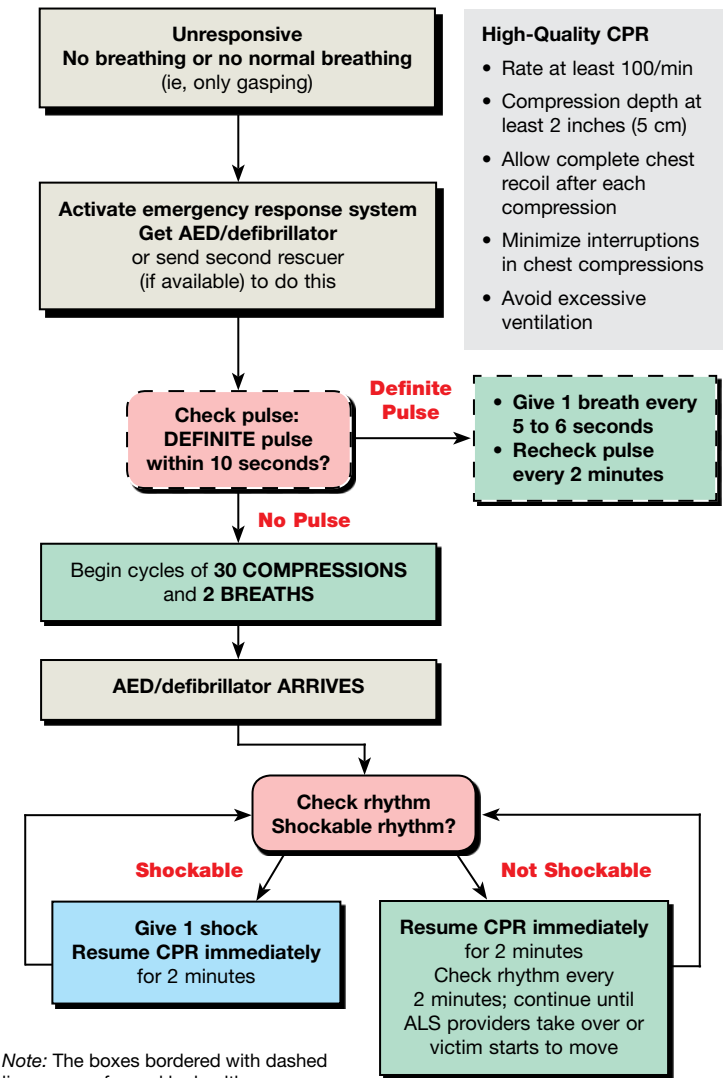
High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include

- **Start compressions within 10 seconds** of recognition of cardiac arrest.
- **Push hard, 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 1½ inches (4 cm) for infants.
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to <10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

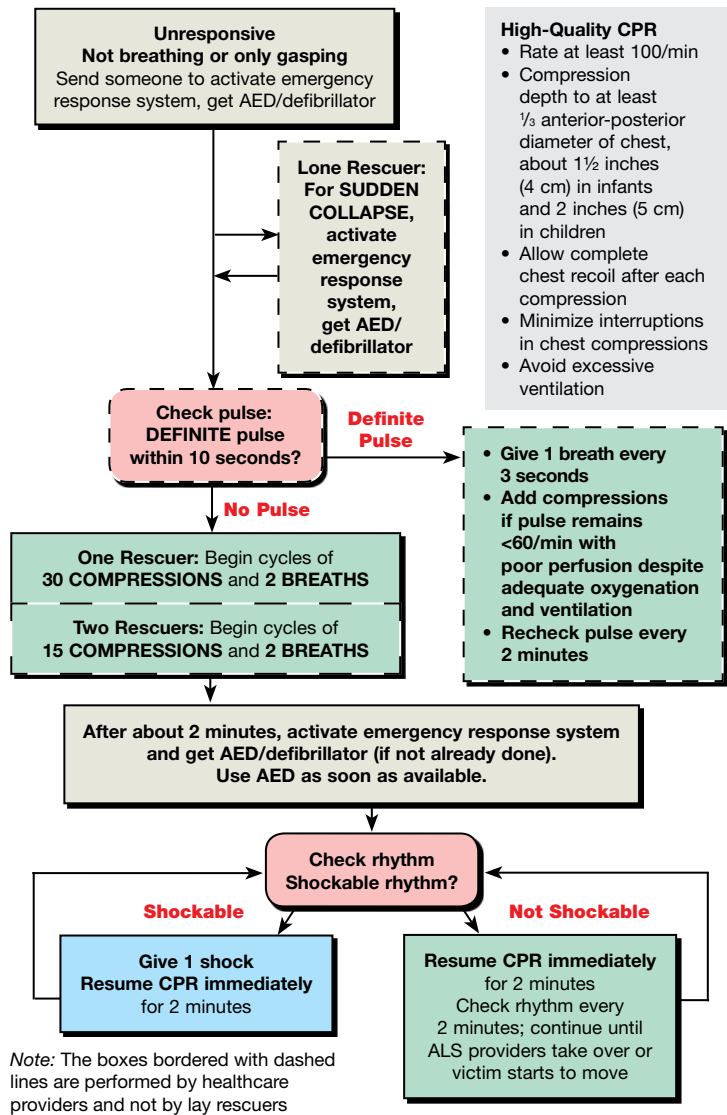
### Simplified Adult BLS Algorithm for Healthcare Providers



Adult BLS Algorithm  
for Healthcare Providers



Pediatric BLS Algorithm  
for Healthcare Providers



How to Become an AHA Instructor

*Put your heart into training.*

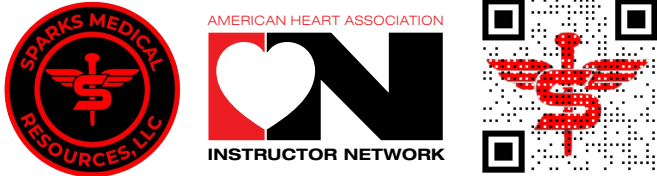
*Learn from the leader.*

*Teach to save lives.*

Are you interested in becoming an American Heart Association Instructor?

Consult an American Heart Association Training Center (TC) to find out whether the TC is accepting new instructors and what the TC's preferred course delivery method is. Then, becoming an instructor is as easy as 1-2-3:

1. Complete the Core Instructor Course.
2. Complete a discipline-specific instructor course in BLS, Heartsaver, ACLS, or PALS.
3. Get monitored by an American Heart Association TC or Instructor.



Renewal Schedule

I \_\_\_\_\_ (student name) took my BLS HCP course on \_\_\_\_\_ (date) at the SMR Training Solutions Training Site and am due for a renewal course in \_\_\_\_\_ (month/year).