

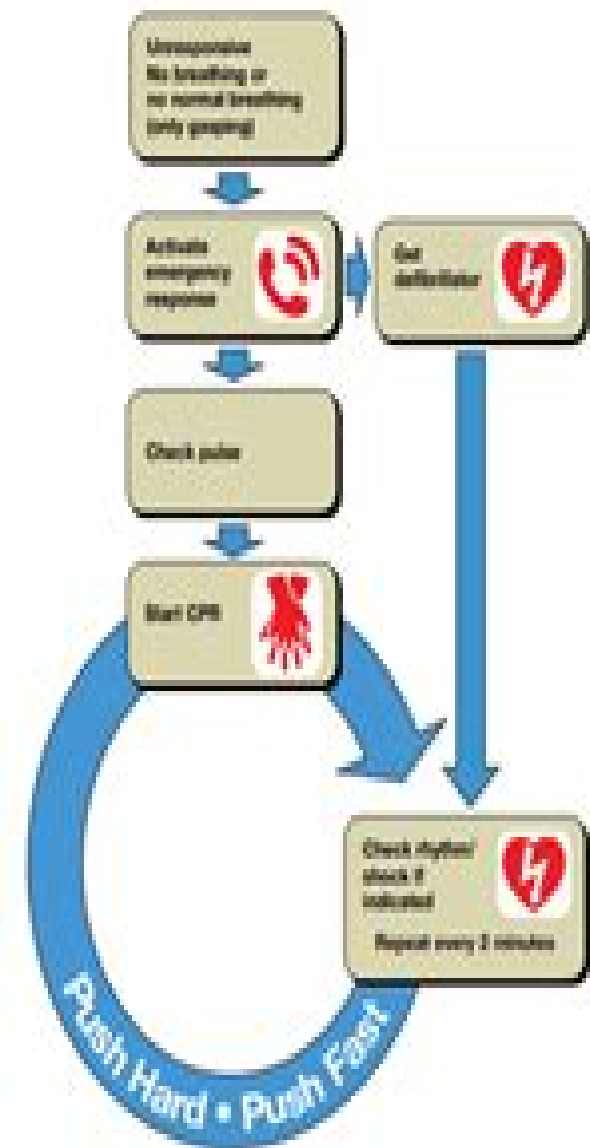
BLS for Healthcare Providers Quick Reference

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



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.**



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**Ade Gafar Abdullah, Ida Hamidah, Siti
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EMT Study Guide ,2025-03-24 What if you could be the first responder to someone s most critical moment making life saving decisions that can change the course of their future As an Emergency Medical Technician EMT every call could mean the difference between life and death Whether you re new to the field or looking to sharpen your skills this comprehensive EMT guide provides the essential knowledge practical advice and expert strategies needed to thrive in the fast paced world of emergency medical services You will gain a deep understanding of the core concepts and practical applications of EMT work Covering everything from airway management and patient assessment to trauma care and medical emergencies this book is designed to equip you with the skills needed to provide effective care in high pressure situations The detailed explanations of anatomy and physiology emergency protocols and treatment techniques ensure you re ready for any challenge that comes your way What sets this book apart is its focus on real world scenarios With case studies and practice questions you ll have the opportunity to apply your knowledge to practical situations allowing you to build confidence in decision making and patient care The book also dives into specialized areas like pediatric and geriatric emergencies obstetric care neurological emergencies and trauma treatment giving you a well rounded understanding of the diverse conditions EMTs face Additionally you ll learn how to handle difficult but crucial aspects of the profession such as consent refusal of care and understanding the legal and ethical considerations of EMT work The book offers valuable insights into managing high stress situations ensuring your mental and physical well being and staying current with evolving medical practices Whether you re preparing for the National Registry of Emergency Medical Technicians NREMT exam looking to pass your certification or simply striving to improve your EMT skills this guide provides you with the tools needed to succeed With practical tips for test taking time management and staying calm in emergencies this book will help you become a confident compassionate and competent EMT Prepare yourself for a career that requires skill dedication and a passion for helping others This Guide is your comprehensive resource to ensure you re ready for whatever comes next With expert advice and real life insights it s the ultimate companion for anyone serious about a career in emergency medical services **TEXES**

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