

Pediatric BLS Algorithm for Healthcare Providers—
Single Rescuer

Associated Emergency
Providers Algorithm

Summary of High-Quality CPR Components
for BLS Providers

BLS

Basic Life Support
Reference



American
Heart
Association.

C-A-B



Compressions



Airway



Breaths

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 2 inches (5 cm) for adults
 - At least one-third the depth of the chest, approximately 2 inches (5 cm) for children
 - At least one-third the depth of the chest, approximately 1½ inches (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.**

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