

# Summary of High-Quality CPR Components for BLS Providers



Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	If a mobile device is available, phone emergency services (9-1-1)		
	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	<b>Witnessed collapse</b> Follow steps for adults and adolescents on the left <b>Unwitnessed collapse</b> Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio without advanced airway	<b>1 or 2 rescuers</b> 30:2	<b>1 rescuer</b> 30:2 <b>2 or more rescuers</b> 15:2	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	<b>1 rescuer</b> 2 fingers or 2 thumbs in the center of the chest, just below the nipple line <b>2 or more rescuers</b> 2 thumb—encircling hands in the center of the chest, just below the nipple line If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

\*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

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# Study Guide For Bls 2013

**Patricia A. Potter, Anne Griffin  
Perry, Patricia Stockert, Amy Hall**

## **Study Guide For Bls 2013:**

A Study Guide for Langston Hughes's "Let America Be America Again" Gale, Cengage Learning, 2016      **Wiley**

**CPAexcel Exam Review April 2017 Study Guide** Wiley, 2017-01-17 The Wiley CPAexcel Study Guide Business Environment and Concepts arms CPA test takers with detailed text and skill building problems to help identify focus on and master the specific topics that may need additional reinforcement to pass the BEC section of the CPA Exam This essential study guide Covers the complete AICPA content blueprint in BEC Explains every topic tested with 662 pages of study text 599 multiple choice questions and 6 task based simulations in BEC Organized in Bite Sized Lesson format with 149 lessons in BEC Maps perfectly to the Wiley CPAexcel online course may be used to complement the course or as a stand alone study tool      *Wiley CPAexcel Exam Review 2018 Study Guide* Wiley, 2018-01-04 The Wiley CPAexcel Study Guide Business Environments and Concepts provides detailed study text to help you identify focus on and master specific topic areas that are essential for passing the BEC section of the 2018 CPA Exam Covers the complete AICPA content blueprint in Business Environments and Concepts BEC Authored and compiled by the same leading university accounting professors who author the Wiley CPAexcel online course Explains every CPA Exam topic tested on the Business Environments and Concepts BEC section of the CPA Exam one volume Organized in Bite Sized Lessons so you can learn faster and remember more of what you learn Updated for 2018 so you have the most accurate up to date content available for the Business Environments and Concepts BEC section on this year's exam Maps perfectly to the Wiley CPAexcel Review Course may be used to complement the online course or as a standalone study tool Study text only and does NOT include practice questions or practice exams Use in conjunction with the Wiley CPAexcel Exam Review 2018 Test Bank Business Environments and Concepts which includes over 4 200 interactive multiple choice questions and 200 task based simulations      **The Final FFICM Structured Oral Examination Study Guide** Eryl Davies, 2022-12-30 This book is the definitive guide to the Final Fellowship of the Faculty of Intensive Care Medicine FFICM Structured Oral Examination With a broad coverage of the clinical curriculum it equips candidates to tackle this challenging examination Each chapter contains sample questions with concise answers focusing on key concepts to facilitate deeper understanding The content is organised by subject enabling more structured revision in an easy to use format This text provides references to guidance that will remain relevant in the ever changing landscape of intensive care medicine Not only is this book an essential resource for studying intensivists but it also forms a useful reference for any professional encountering the world of critical care in their practice      *Mosby's Radiation Therapy Study Guide and Exam Review* Leia Levy, 2025-08-21 Reinforce your understanding of radiation therapy and prepare for the Registry exam Mosby's Radiation Therapy Study Guide and Exam Review Second Edition is both a study companion for Washington and Leaver's Principles and Practice of Radiation Therapy and a superior review for the ARRT Radiation Therapy Certification Exam This completely updated edition reflects the latest exam specifications and features an easy to read

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*Encyclopedia of Human Services and Diversity* Linwood H. Cousins,2014-09-05 Encyclopedia of Human Services and Diversity is the first encyclopedia to reflect the changes in the mission of human services professionals as they face today s increasingly diverse service population Diversity encompasses a broad range of human differences including differences in ability and disability age education level ethnicity gender geographic origin religion sexual orientation socioeconomic class and values Understanding the needs and problems of Asian Americans Hispanic Americans the deaf the blind the LGBT community and many other groups demands an up to date and cutting edge reference This three volume encyclopedia provides human services students professors librarians and practitioners the reference information they need to meet the needs of an increasingly diverse population Features 600 signed entries are organized A to Z across three volumes Entries authored by key figures in the field conclude with cross references and further readings A Reader s Guide groups related articles within broad thematic areas such as aging community mental health family and child services substance abuse etc A detailed index the Reader s Guide and cross references combine for search and browse in the electronic version A helpful Resource Guide guides students to classic books journals and web sites and a glossary assists them with the terminology of the field Available in both print and electronic formats *Encyclopedia of Human Services and Diversity* is an ideal reference for students practitioners faculty and librarians

*Energy-Based Economic Development* Sanya Carley,Sara Lawrence,2014-07-08 Energy is becoming a prominent driver of economic development Each year billions of dollars are invested around the world by the public and private sectors in low emissions energy development and energy efficiency planning Energy based economic development EBED is a domain that seizes the opportunities inherent in clean energy development to drive innovation and generate economic growth Energy based economic development How clean energy can drive development and stimulate economic growth delivers working definitions common approaches descriptions of supportive policy mechanisms and suggested metrics for evaluation The book offers a unified framework for EBED that is

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### **Essentials of Retirement Planning**

Eric J. Robbins,2016-05-26 This book provides the quintessential information needed to understand the financial side of the retirement planning coin Readers will begin by learning about the various plan types available to the employers to offer to their employees The topics related to compliance testing are thoroughly discussed as well as strategies used to legally shift benefits in favor of the highly compensated employees However some employers do not sponsor a plan In this instance retirement savers will need to understand the options available in the world of individual retirement accounts This book is not intended to provide investment advice but rather to guide how different retirement savings vehicles function and how they can be effectively deployed Many financial professionals find that their clients will ask questions about all aspects of their financial life For this reason this book also discusses non investment related topics such as housing options social security planning Medicare planning and a few other basic insurance based issues faced by all retirees

**Financial Planning Competency Handbook** CFP Board,2015-07-09 The official guide for exam success and career excellence Financial Planning Competency Handbook Second Edition is the essential reference for those at any stage of certification and a one stop resource for practitioners looking to better serve their clients This fully updated second edition includes brand new content on connections diagrams new case studies and new instructional videos and a completely new section devoted to the interdisciplinary nature of financial planning You ll gain insights from diverse fields like psychology behavioral finance communication and marriage and family therapy to help you better connect with and guide your clients alongside the detailed financial knowledge you need to perform to the highest expectations as a financial planner This book contains over ninety chapters that are essential for practitioners students and faculty Whether a practitioner student or faculty member this guide is the invaluable reference you need at your fingertips Comprehensive clear and detailed this handbook forms the foundation of the smart financial planner s library Each jurisdiction has its own laws and regulations surrounding financial planning but the information in this book represents the core body of knowledge the profession demands no matter where you practice Financial Planning Competency Handbook Second Edition guides you from student to practitioner and far beyond with the information you need when you need it

**Athletic Director's Desk Reference** Donna A. Lopiano,Connee Zotos,2022-01-12 Athletic Director s Desk Reference Second Edition With HKPropel Access is the most comprehensive

resource available for collegiate and high school athletic administrators Expert leadership advice and practical tools guide administrators in successfully navigating increasingly complex roles in athletic programs of any size With more than 75 combined years of experience as athletic program administrators coaches and consultants the authors deliver an engaging narrative and professional insights for athletic directors of all levels The modern demands on athletic programs and evolving safety and culture issues are reflected in this updated edition with new content on Title IX compliance social media communications planning tools for budgets cost saving strategies revenue generating opportunities student athlete mental health concussion protocols athletes rights Esports and more Offering a solid foundation of information every athletic director needs to know plus clear advice on day to day operations this essential resource can be used as an immediate practical guide through the real world issues typically encountered by every athletic director An extended table of contents provides an outline of the book elements so athletic directors can quickly find relevant tools within the book and easily reference the corresponding online materials enabling administrators to confront issues and lead with confidence Throughout the book management tips deliver professional advice foundational information problem solving strategies and suggestions for management of employees programs events and facilities Planning tools provide specific steps and considerations to take when developing strategic plans action plans professional development plans and governance systems More than 300 documents are delivered through HKPropel These valuable time saving resources can be downloaded and customized to suit the needs of any athletic program Educational resources can be used for teaching and motivating staff campus constituents volunteers and student athletes Evaluation instruments and risk assessments help today s athletic administrators assess job performance evaluate program contents identify risks and prevent litigation Policies and forms are easily modified enabling athletic directors to produce effective policies and procedures that meet their unique needs while saving significant time The advice and tools in Athletic Director s Desk Reference allow professionals to turn theory into immediate practice The book addresses all the various policy procedure and system needs required for becoming an efficient and effective athletic director overseeing a successful athletic program Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

**The Financial Advisor's Success Manual** David Leo, Craig

Cmiel, 2017-12-07 Do you want to become a million dollar financial advisor boost client satisfaction and dramatically expand your business This book provides all the answers and strategies you need to do just that Complete with proven techniques expert insights and practical tips to maximize your profitability The Financial Advisor s Success Manual will show you how to break the cycle of moderate growth by teaching you how to Develop a differentiation strategy Define and implement your six core client facing processes Balance the cost of services with the value delivered Enhance client loyalty Perfect your personal marketing and sales approach You didn t start your financial services firm with a goal of modest gains So don t settle for that By implementing the methodologies and strategies in this manual you can grow your business beyond your wildest

expectations all while serving your clients better      Small Arms Survey 2014 Small Arms Survey, Geneva,2014-07-03 This volume highlights emerging trends and concerns regarding armed violence and small arms proliferation along with related policies and programming      Knowledge Discovery Process and Methods to Enhance Organizational Performance Kweku-Muata Osei-Bryson,Corlane Barclay,2015-03-16 Although the terms data mining and knowledge discovery and data mining KDDM are sometimes used interchangeably data mining is actually just one step in the KDDM process Data mining is the process of extracting useful information from data while KDDM is the coordinated process of understanding the business and mining the data in order to identify previously unknown patterns Knowledge Discovery Process and Methods to Enhance Organizational Performance explains the knowledge discovery and data mining KDDM process in a manner that makes it easy for readers to implement Sharing the insights of international KDDM experts it details powerful strategies models and techniques for managing the full cycle of knowledge discovery projects The book supplies a process centric view of how to implement successful data mining projects through the use of the KDDM process It discusses the implications of data mining including security privacy ethical and legal considerations Provides an introduction to KDDM including the various models adopted in academia and industry Details critical success factors for KDDM projects as well as the impact of poor quality data or inaccessibility to data on KDDM projects Proposes the use of hybrid approaches that couple data mining with other analytic techniques e g data envelopment analysis cluster analysis and neural networks to derive greater value and utility Demonstrates the applicability of the KDDM process beyond analytics Shares experiences of implementing and applying various stages of the KDDM process in organizations The book includes case study examples of KDDM applications in business and government After reading this book you will understand the critical success factors required to develop robust data mining objectives that are in alignment with your organization s strategic business objectives      **Managing and Sharing Research Data** Louise Corti,Veerle Van den Eynden,Libby Bishop,Matthew Woollard,2014-02-04 Research funders in the UK USA and across Europe are implementing data management and sharing policies to maximize openness of data transparency and accountability of the research they support Written by experts from the UK Data Archive with over 20 years experience this book gives post graduate students researchers and research support staff the data management skills required in today s changing research environment The book features guidance on how to plan your research using a data management checklist how to format and organize data how to store and transfer data research ethics and privacy in data sharing and intellectual property rights data strategies for collaborative research how to publish and cite data how to make use of other people s research data illustrated with six real life case studies of data use      **The Road to Citizenship** Sofya Aptekar,2015-03-18 Between 2000 and 2011 eight million immigrants became American citizens In naturalization ceremonies large and small these new Americans pledged an oath of allegiance to the United States gaining the right to vote serve on juries and hold political office access to certain jobs and the legal rights of full citizens In The Road to Citizenship Sofya

Aptekar analyzes what the process of becoming a citizen means for these newly minted Americans and what it means for the United States as a whole Examining the evolution of the discursive role of immigrants in American society from potential traitors to morally superior supercitizens Aptekar s in depth research uncovers considerable contradictions with the way naturalization works today Census data reveal that citizenship is distributed in ways that increasingly exacerbate existing class and racial inequalities at the same time that immigrants own understandings of naturalization defy accepted stories we tell about assimilation citizenship and becoming American Aptekar contends that debates about immigration must be broadened beyond the current focus on borders and documentation to include larger questions about the definition of citizenship Aptekar s work brings into sharp relief key questions about the overall system does the current naturalization process accurately reflect our priorities as a nation and reflect the values we wish to instill in new residents and citizens Should barriers to full membership in the American polity be lowered What are the implications of keeping the process the same or changing it Using archival research interviews analysis of census and survey data and participant observation of citizenship ceremonies *The Road to Citizenship* demonstrates the ways in which naturalization itself reflects the larger operations of social cohesion and democracy in America

**Fundamentals of Nursing - E-Book** Patricia A. Potter, Anne Griffin Perry, Patricia Stockert, Amy Hall, 2016-02-02 It s your complete guide to nursing from basic concepts to essential skills *Fundamentals of Nursing* 9th Edition prepares you to succeed as a nurse by providing a solid foundation in critical thinking evidence based practice nursing theory and safe clinical care in all settings With illustrated step by step guidelines this book makes it easy to learn important skills and procedures Care plans are presented within a nursing process framework and case studies show how to apply concepts to nursing practice From an expert author team led by Patricia Potter and Anne Griffin Perry this bestselling nursing textbook helps you develop the understanding and clinical reasoning you need to provide excellent patient care 51 skills demonstrations provide illustrated step by step instructions for safe nursing care and include rationales for each step 29 procedural guidelines provide streamlined step by step instructions for performing basic skills UNIQUE Critical Thinking Models in each clinical chapter show how to apply the nursing process and critical thinking to achieve successful clinical outcomes Evidence Based Practice chapter shows how nursing research helps in determining best practices UNIQUE Caring for the Cancer Survivor chapter prepares nurses to care for cancer patients who may still face physical and emotional issues Case studies include unique clinical application questions and exercises allowing you to practice using care plans and concept maps The 5 step nursing process provides a consistent framework for care and is demonstrated in more than 20 care plans 15 review questions in every chapter test your retention of key concepts with answers available in the book and on the Evolve companion website Practical study tools on Evolve include video clips of skills skills checklists printable key points a fluid electrolytes tutorial a concept map creator an audio glossary and more UNIQUE Clear streamlined writing style makes complex material more approachable More than 20 concept maps show care



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*The Marketisation of Higher Education* John D. Branch, Bryan Christiansen, 2021-05-03 This edited volume explores the nature scope and consequences of the marketisation of higher education Chapters identify different practices which reflect the marketisation of higher education and offer various perspectives on the policies and procedures which stimulate and regulate it The volume takes a holistic approach following the notion that the marketisation of higher education both drives and is driven by the universities which form the higher education market

**The Handbook of Security** Martin Gill, 2016-02-26 The substantially revised second edition of the Handbook of Security provides the most comprehensive analysis of scholarly security debates and issues to date Including contributions from some of the world's leading scholars it critiques the way security is provided and managed

*Auerbach's Wilderness Medicine E-Book* Paul S. Auerbach, Tracy A Cushing, N. Stuart Harris, 2016-09-21 Now in its 7th edition Auerbach's Wilderness Medicine continues to help you quickly and decisively manage medical emergencies encountered in any wilderness or other austere setting World renowned authority Dr Paul Auerbach and 2 new associate editors have assembled a team of experts to offer proven practical visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce This indispensable resource equips physicians nurses advanced practice providers first responders and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses no matter where they happen Brand new 2 volume format ensures all content is available in print and online to provide you easy access Face any medical challenge in the wilderness with expert guidance from hundreds of outstanding world experts edited by Dr Auerbach and 2 new associate editors Drs Tracy Cushing and N Stuart Harris New and expanded chapters with hundreds of new photos and illustrative drawings help increase your visual understanding of the material Acquire the knowledge and skills you need with revised chapters providing expanded discussions of high altitude medicine improvisation technical rescue telemedicine ultrasound and wilderness medicine education Ten new chapters cover Acute High Altitude Medicine and Pathophysiology High Altitude and Pre Existing Medical Conditions Cycles Snowmobiles and other Wilderness Conveyances Medical Wilderness Adventure Races MedWAR Canyoneering and Canyon Medicine Evidence Based Wilderness Medicine National Park Service Medicine Genomics and Personalized Wilderness Medicine Forestry and Earth Sciences 30 Expert Consult online videos cover survival tips procedural demonstrations and detailed explanations of diseases and incidents Expert Consult eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures images videos and references from the book on a variety of devices

**Business, Environment, and Society** Vesela Veleva, Charles Levenstein, John Wooding, John Forrant, 2016-12-05 This book blends

theory and practice to support courses in corporate social responsibility CSR business and society and environmental management and sustainability Based on her extensive work with companies the author offers engaging readings and teaching cases that address key challenges for business today measurement supply chain management public policy and stakeholder pressures Part I focuses on the macro level and provides an overview of concepts such as the green economy eco industrial parks corporate social responsibility corporate citizenship nanotechnology and sustainable consumption Part II provides specific frameworks and tools for sustainability management and measurement at the company level Part III includes detailed teaching cases of several well known firms The main theme is that business is a key player in achieving a more sustainable development yet its practices are often narrow in focus or shortsighted The text provokes discussions around issues such as Is business sustainability possible in a market economy focused on increasing consumption Should a product or service be called green when it puts at risk the health and safety of workers What can U S policymakers learn from their European counterparts when it comes to protecting human health and the environment How can we ensure that the benefits of nanotechnology exceed its risks How can sustainability indicators be used as a tool to advance sustainability by companies and policymakers The book provides a flexible up to date supplementary teaching tool for undergraduate and graduate students executive education courses and certificate programs Intended Audience Primarily undergraduate and graduate students taking courses in environmental management corporate social responsibility CSR sustainability or business and society as a supplementary text in professional education and certificate programs in environmental management corporate citizenship sustainability and CSR

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hold six foot rule the minimum height at which osha requires a worker to wear or use fall protection excavation any man  
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