

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

20aha Bls Guidelines

SJ Ball



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