

III. Basic Life Support Techniques

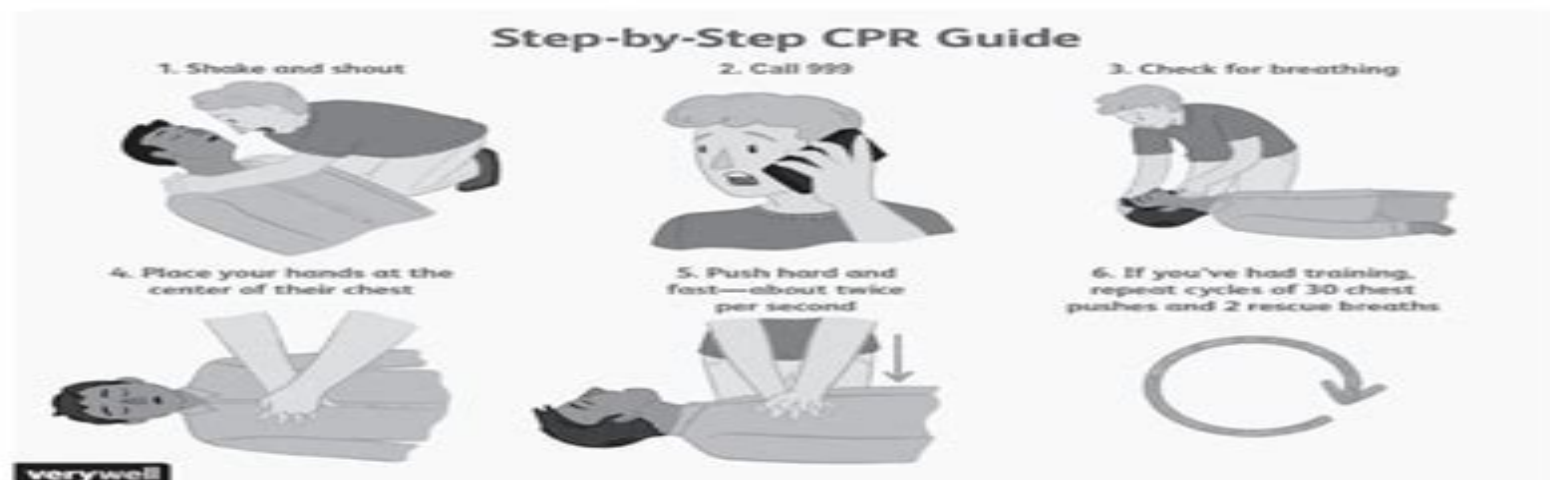
Cardiopulmonary resuscitation (CPR) is a critical emergency procedure performed on individuals experiencing cardiac arrest or other life-threatening medical emergencies. Basic life support (BLS) refers to the initial medical care given to a victim in cardiac arrest before advanced medical care arrives. Effective BLS techniques can help maintain blood flow and oxygenation to vital organs, thereby increasing the chances of survival.

A. Key components of basic life support

The key components of basic life support include early recognition of the emergency, prompt activation of the emergency response system, performing high-quality chest compressions, delivering rescue breaths, utilizing an automated external defibrillator (AED) and administering medications if necessary.

B. The ABCs of CPR

The ABCs of CPR stand for airway, breathing and circulation. These three components form the foundation of BLS and should be addressed in the following order:



"You don't have to be a superhero to save a life, just know CPR."

Cpr Manual 1992 Guidelines

Katrin Zwirgmaier



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