



# AHA CPR GUIDELINES UPDATE 2015



## HIGH QUALITY CPR (ADULTS) GUIDELINES FOR BLS PROVIDERS

### RECOGNITION OF CARDIAC ARREST

- CHECK FOR RESPONSIVENESS
- NO BREATHING OR ONLY BREATHING
- NO DEFINITE PULSE FELT WITHIN 10 SECONDS



01

### ACTIVATION OF EMERGENCY RESPONSE SYSTEM

- 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

02



### COMPRESSION-VENTILATION RATIO WITHOUT ADVANCED AIRWAY

1 OR 2 RESCUERS=30:2



03

### COMPRESSION-VENTILATION RATIO WITH ADVANCED AIRWAY

- CONTINUOUS COMPRESSIONS AT A RATE OF 100-120 PER MINUTE
- GIVE 1 BREATH EVERY 6 SECONDS (10 BREATHS PER MINUTE)

04



### COMPRESSION RATE

100-120 COMPRESSIONS PER MINUTE



05

06



### HAND PLACEMENT

2 HANDS ON THE LOWER HALF OF THE BRESTBONE (STERNUM)

### COMPRESSION DEPTH

AT LEAST 2 INCHES (5 CM)



07

08



### CHEST RECOIL

ALLOW FULL RECOIL OF CHEST AFTER EACH COMPRESSION

### MINIMIZING INTERRUPTIONS

- LIMIT INTERRUPTIONS IN THE CHEST COMPRESSIONS TO LESS THAN 10 SECONDS



09

## DO'S AND DONT'S OF HIGH QUALITY CPR (ADULTS)



### RESCUERS SHOULD

- PERFORM CHEST COMPRESSIONS AT A RATE OF 100-120 COMPRESSIONS PER MINUTE
- COMPRESS TO A DEPTH OF AT LEAST 2 INCHES
- ALLOW FULL RECOIL AFTER EACH COMPRESSION
- MINIMIZE PAUSES IN COMPRESSIONS
- VENTILATE ADEQUATELY

### RESCUERS SHOULD NOT

- COMPRESS AT A RATE SLOWER THAN 100 COMPRESSIONS PER MINUTE OR FASTER THAN 120 COMPRESSIONS PER MINUTE
- COMPRESS TO A DEPTH OF LESS THAN 2 INCHES OR GREATER THAN 2.4 INCHES
- LEAN ON THE CHEST BETWEEN COMPRESSIONS
- INTERRUPT COMPRESSIONS FOR GREATER THAN 10 SECONDS
- PROVIDE EXCESSIVE VENTILATION



Sources:

<http://eccguidelines.heart.org/wp-content/uploads/2015/10/2015-AHA-Guidelines-Highlights-English.pdf>

# Aha Cpr Guidelines

**Léo Pomar**



## **Aha Cpr Guidelines:**

## Whispering the Strategies of Language: An Emotional Quest through **Aha Cpr Guidelines**

In a digitally-driven earth where screens reign great and immediate connection drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases often get unheard. Yet, located within the pages of **Aha Cpr Guidelines** a fascinating literary value pulsing with fresh feelings, lies an extraordinary journey waiting to be undertaken. Written by an experienced wordsmith, this charming opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within ab muscles fabric of every word. Within the psychological depths of the moving evaluation, we will embark upon a genuine exploration of the book is primary styles, dissect their charming publishing fashion, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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web 2 1 fuse box 2 2 box near the battery 3 engine compartment fuse box 4 additional information 4 1 how to change a cigarette lighter fuse passenger compartment in the passenger compartment the main fuse and relay box are located in the glove compartment glove box behind the protective cover to access it you need to open the glove

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web dec 16 2020 suspension compressor motor relay 2 rear screen wiper relay 3 windscreen wiper motor relay f1 20a f2 10a glove box locking motor f3 7 5a f4 10a engine control module ecm f5 10a f6 10a f7 5a f8 7 5a f9 15a homs f10 5a f11 20a f12 10a steering column function control module f13 15a

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web apr 4 2022 in this material we will analyze in detail the fuse diagrams of the bmw x5 3 0d 3 0i 4 4i 4 6is 4 8is of the 1st generation e53 1999 2000 2001 2002 2003 2004 2005 2006 release here you will find the locations and

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web diagram assignment some relays can be located on the side for example the unloading relay for terminal 15 k9 the latest information on the location of fuses and relays for your vehicle should be located next to this box in a brochure form designation several fuses are responsible for the cigarette lighter 97 111 113 115 118

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web legend fuse box in cargo bay bmw x5 e70 open the right hand side panel in the cargo bay codes as follow fuse box in luggage compartment locate fuse and relay fuse box diagram identifying and legend fuse box bmw x5 e70

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web aug 19 2018 it is located behind the fuse box bmw x5 fuse box diagram relay block under the glove compartment fuse box in the luggage compartment bmw x5 fuse box diagram luggage compartment some relays can also be located under the lining in the luggage compartment for example a compressor pump relay a pneumatic suspension

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web apr 1 2022 ecm in the fuse relay box in the engine compartment 27 fuel pump control unit 3 0si right side of luggage compartment 28 fuel pump relay 4 8i right side of luggage compartment 29 underhood fuse and relay box 30 passenger compartment fuse box 31 fuse relay box luggage compartment 1

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web as you can see from the photo relays are located on top of this block here s a general outline relay and fuse box in the trunk of a bmw x5 e53 to access them grasp the door handle on the right side panel from above and pull it down

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