

### III. Basic Life Support Techniques

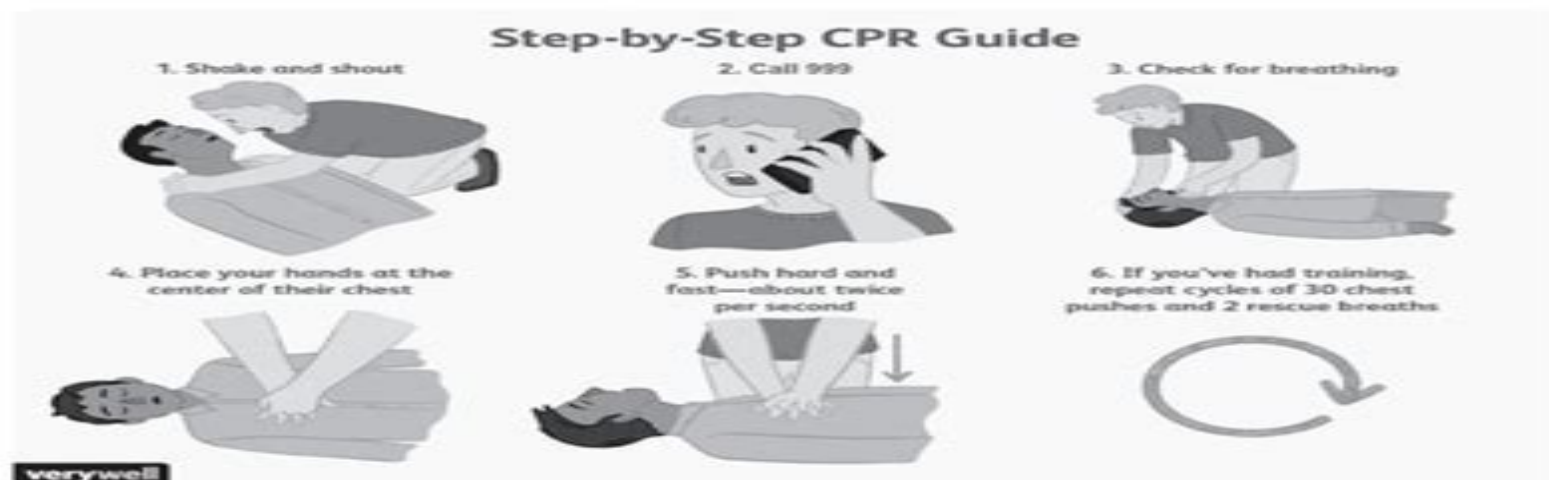
Cardiopulmonary resuscitation (CPR) is a critical emergency procedure performed on individuals experiencing cardiac arrest or other life-threatening medical emergencies. Basic life support (BLS) refers to the initial medical care given to a victim in cardiac arrest before advanced medical care arrives. 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

**R Sandford**



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