

# 2015 aha bls pocket guide nokhbeh

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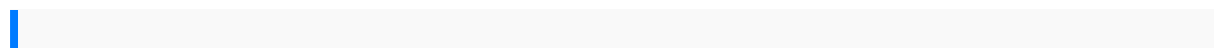
### **2015 AHA BLS Pocket Guide: Essential Questions and Answers**

The 2015 American Heart Association (AHA) Basic Life Support (BLS) Pocket Guide provides essential information for healthcare professionals and laypeople performing CPR and other life-saving techniques. Here are five key questions and answers from the guide:

- **Q: What is the first step in administering CPR?** A: Check for responsiveness by tapping the person's shoulder and asking, "Are you OK?"
- **Q: How do I perform chest compressions?** A: Place the heel of one hand on the center of the person's chest, above the nipple line. Interlace the fingers of your other hand and place it on top of the first hand. Push straight down at least 5 centimeters (2 inches) at a rate of 100-120 compressions per minute.
- **Q: What is the ratio of chest compressions to rescue breaths?** A: For adults and children over 8 years old, the ratio is 30 compressions to 2 rescue breaths. For infants less than 1 year old, the ratio is 30 compressions to 2 breaths into the mouth and nose.
- **Q: How do I open an airway?** A: Tilt the person's head back and lift their chin to open the airway. Be careful not to hyperextend the neck.

- **Q: What are the signs of a heart attack?** A: Chest pain, shortness of breath, pain in the arm, neck, or back, nausea, and sweating. If you suspect someone is having a heart attack, call for emergency medical services immediately.

Remember, it's crucial to stay calm and act quickly when faced with a life-threatening emergency. The information provided in the 2015 AHA BLS Pocket Guide can help you provide effective CPR and save lives.



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