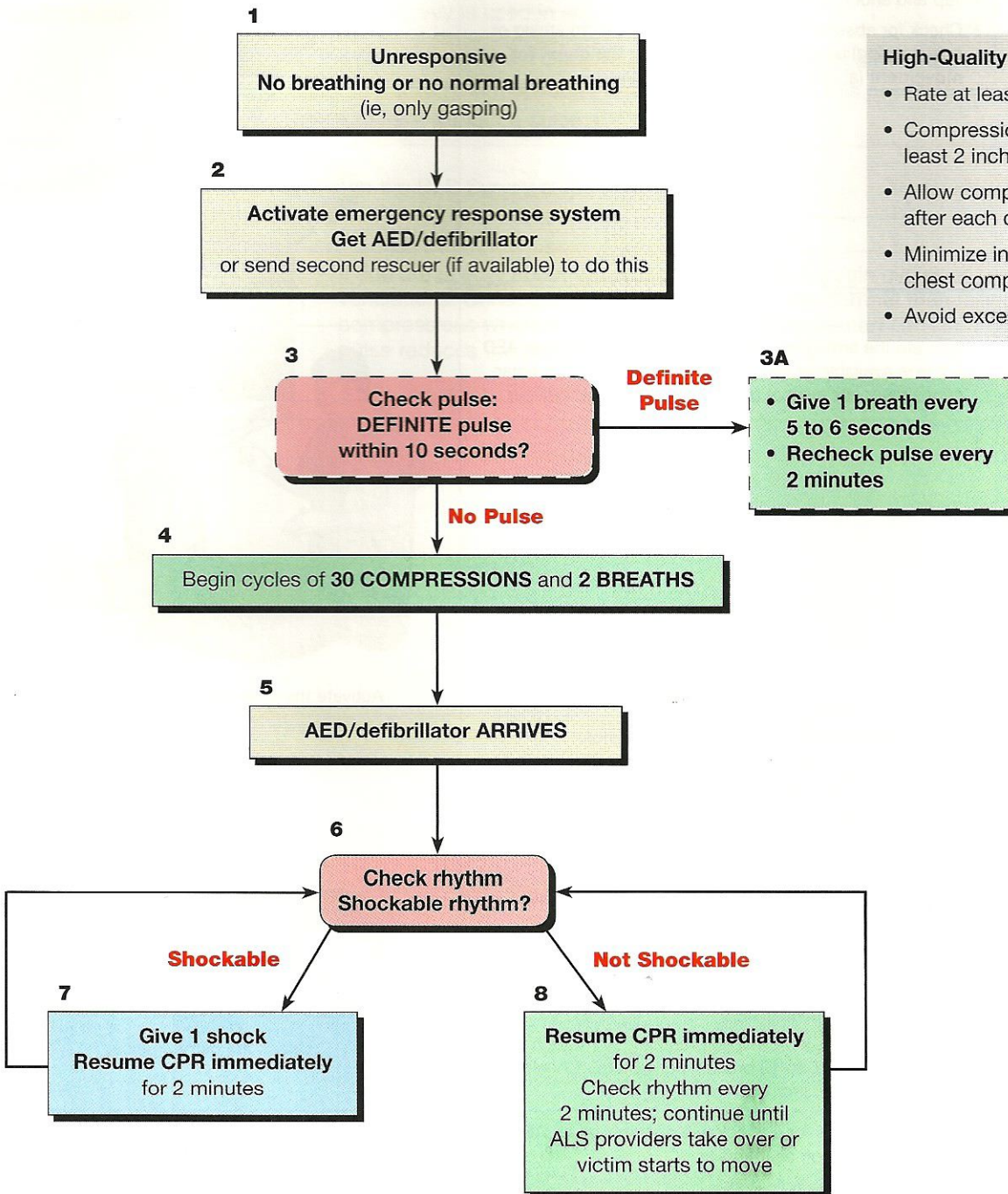


Adult BLS Healthcare Providers



High-Quality CPR

- Rate at least 100/min
- Compression depth at least 2 inches (5 cm)
- Allow complete chest recoil after each compression
- Minimize interruptions in chest compressions
- Avoid excessive ventilation

Note: The boxes bordered with dashed lines are performed by healthcare providers and not by lay rescuers

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Figure 15. The BLS Healthcare Provider Algorithm.