

# Download BLS Study Guide For 2015

Course Overview This study guide is an outline of content that will be taught in the American Heart Association Accredited Basic Life Support (BLS) Course. The rate of injuries and illnesses resulting from cuts, lacerations, or punctures was 9.6 cases per 10,000 full-time workers in 2015, up from 8.8 cases in 2014. Rate. In 2010, the recommended rate was at least 100 compressions per minute. The 2015 update to the CPR guideline now reflects a target compression rate of 100-120 per minute. U.S. Bureau of Labor Statistics | Division of Information and Marketing Services, PSB Suite 2850, 2 Massachusetts Avenue, NE Washington, DC 20212-0001