

CPR for an Adult

1

Check the person and the person's ABCs (Airway, Breathing, Circulation).

If the person is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.



2

Place both of your hands on the centre of the person's chest.

Do 30 chest compressions: Push deeply and steadily.



3

Open the airway by tilting the head back and lifting the chin.

Place your barrier device over the person's mouth and nose.

Give 2 breaths.



4

Repeat cycles of 30 chest compressions and 2 breaths.

Continue CPR until an AED arrives or more advanced care takes over.



The information in this poster does not replace formal First Aid & CPR training.

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AN Whitehead



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American Red Cross Community CPR American Red Cross,1988 *American Red Cross Sports Safety Training Im*
Granada Learning Limited,1997-12 **American Red Cross First Aid, Responding to Emergencies** American Red
Cross,2001 **ACSM's Resources for the Personal Trainer** American College of Sports Medicine,2013-03-22 ACSM s
Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science
topics and practical application It was originally designed to help people prepare for the ACSM Personal Training
Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking
for an additional resource as well as in an academic setting where the book is a core text for personal training programs

American Red Cross Basic Aid Training Instructor's Manual ,1991 *Saving Lives* United States. Congress.
House. Committee on Commerce. Subcommittee on Health and the Environment,2000 **Community CPR** American Red
Cross,1993 **American Red Cross First Aid Fast** ,2002 *Textbook of Coronary Thrombosis and Thrombolysis* R. C.
Becker,2008-01-21 Teleologically the hemostatic mechanism is among The of Coronary Thrombosis and the most
fundamental yet complex physiologic pro in essence represents a heartfelt gift of cesses in humans Early scientists and
physicians were knowledge from a dedicated group of scientists and fascinated by the blood s ability to remain in a liquid
clinicians who collectively have set out on a mission state only to clot in response to vascular injury The to minimize the
societal impact of hemostasis in the cellular and noncellular components of normal wrong place The book is divided into four
distinct hemostasis took centuries to discover and the intricate sections Part 1 Scientific Principles lays down the cies of their
delicate interactions are still being unrav supporting foundation Part 2 Clinical Application eled today As is so often the case
an in depth of Scientific Principles places the knowledge base in appreciation of physiologic hemostasis representing a a
working perspective directly applying science to basic life sustaining sequence of events paved the patient care Part 3 New
Dimensions provides a way for understanding abnormal hemostasis or glimpse of tomorrow Steering the field clear of se
pathologic thrombosis Aristotle Malpighi and proclaimed victory and the dangers of complacency as Osier representing but a
few of the founding fathers we move into the 21st century Part 4 Evolution of in the field would undoubtedly be honored to
see Thrombocardiology focuses on laboratory standards their observations form the template for lifesaving clinical trials and
drugs in development **Army Reserve Magazine** ,2000 *Careers in Sport, Fitness, and Exercise* American Kinesiology
Association,2011-07-12 The e book format allows readers to bookmark highlight and take notes throughout the text When
purchased through the HK site access to the e book is immediately granted when your order is received *Emergency
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Engineering and Physical Sciences,Commission on Physical Sciences, Mathematics, and Applications,Committee on Prudent
Practices for Handling, Storage, and Disposal of Chemicals in Laboratories,1995-09-16 This volume updates and combines

two National Academy Press bestsellers *Prudent Practices for Handling Hazardous Chemicals in Laboratories* and *Prudent Practices for Disposal of Chemicals from Laboratories* which have served for more than a decade as leading sources of chemical safety guidelines for the laboratory. Developed by experts from academia and industry with specialties in such areas as chemical sciences, pollution prevention and laboratory safety, *Prudent Practices for Safety in Laboratories* provides step by step planning procedures for handling, storage and disposal of chemicals. The volume explores the current culture of laboratory safety and provides an updated guide to federal regulations. Organized around a recommended workflow protocol for experiments, the book offers prudent practices designed to promote safety and it includes practical information on assessing hazards, managing chemicals, disposing of wastes and more. *Prudent Practices for Safety in Laboratories* is essential reading for people working with laboratory chemicals: research chemists, technicians, safety officers, chemistry educators and students.

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Resumes and Cover Letters that Have Worked Anne McKinney, 1996 Model cover letters and resumes cover such fields as aviation, communication, finance and sales.

CRC Handbook of Laboratory Safety, 5th Edition A. Keith Furr, 2000-04-12 Expanded and updated. The *CRC Handbook of Laboratory Safety* Fifth Edition provides information on planning and building a facility, developing an organization, infrastructure, planning for emergencies and contingencies, choosing the correct equipment, developing operational plans and meeting regulatory requirements. Still the essential reference tool, the New Edition helps you organize your safety efforts to adhere to the latest regulations and use the newest technology. Thoroughly revised, the *CRC Handbook of Laboratory Safety* Fifth Edition includes new OSHA laboratory safety standards, the 1994 NRC radiation safety standards, guidelines for X-ray use in hospitals, enforcement of standards for dealing with blood-borne pathogens, OSHA actions covering hazardous waste

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Aiki-jujutsu Manual Kyoshi D. E Chase,2010-11-06 The complete catalogue of required techniques up to Yondan 4th Degree Black Belt in Combat Aiki jujutsu including the rules regulations and guidelines of the International Combat Aiki jujutsu Federation Annual Report American National Red Cross ,1999 Status Report with Updated Data for Comprehensive Plan for Emergency Medical Services, Abridged 1980 Edition Indiana. Emergency Medical Services Commission,1981
FAA Implementation of the Aviation Medical Assistance Act of 1998 (should Defibrillators be Required on Aircraft and at Airports) United States. Congress. House. Committee on Transportation and Infrastructure. Subcommittee on Aviation,2002

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