

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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American Red Cross Cpr Pro Manual

Michael Higgins

American Red Cross Cpr Pro Manual:

American Red Cross CPR for the Professional Rescuer American Red Cross,1993 **Therapeutic Exercise**

Michael Higgins,2011-04-19 Here s the text that builds a strong foundation in the science of sports medicine and teaches you to apply that knowledge to the planning development and implementation of therapeutic exercise programs for specific dysfunctions for all joints of the body You ll begin with an introduction to the science behind rehabilitation and the application of specific techniques Then for each joint guided decision making chapter specific case studies lab activities and skill performance help you meet all of the competencies for therapeutic exercise required by the NATA *Exploring Osaka* David M. Dunfield,1993 A comprehensive English language guide to the city of Osaka for business travellers and tourists alike Second only to Tokyo as a banking and trade centre of Japan Osaka is a centre of tradition and culture as well the home of bunraku puppet theatre for example and is minutes by rail from Japan s ancient capitals of Kyoto and Nara A variety of suggested sightseeing itineraries are included as well as recommended museums restaurants and hotels a list of festival dates and sources of additional information Handbook of Research on Blended Learning Pedagogies and Professional

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Table of Contents American Red Cross Cpr Pro Manual

1. Understanding the eBook American Red Cross Cpr Pro Manual
 - The Rise of Digital Reading American Red Cross Cpr Pro Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying American Red Cross Cpr Pro Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an American Red Cross Cpr Pro Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from American Red Cross Cpr Pro Manual
 - Personalized Recommendations
 - American Red Cross Cpr Pro Manual User Reviews and Ratings
 - American Red Cross Cpr Pro Manual and Bestseller Lists
5. Accessing American Red Cross Cpr Pro Manual Free and Paid eBooks
 - American Red Cross Cpr Pro Manual Public Domain eBooks
 - American Red Cross Cpr Pro Manual eBook Subscription Services
 - American Red Cross Cpr Pro Manual Budget-Friendly Options
6. Navigating American Red Cross Cpr Pro Manual eBook Formats

- ePub, PDF, MOBI, and More
- American Red Cross Cpr Pro Manual Compatibility with Devices
- American Red Cross Cpr Pro Manual Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of American Red Cross Cpr Pro Manual
- Highlighting and Note-Taking American Red Cross Cpr Pro Manual
- Interactive Elements American Red Cross Cpr Pro Manual

8. Staying Engaged with American Red Cross Cpr Pro Manual

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers American Red Cross Cpr Pro Manual

9. Balancing eBooks and Physical Books American Red Cross Cpr Pro Manual

- Benefits of a Digital Library
- Creating a Diverse Reading Collection American Red Cross Cpr Pro Manual

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine American Red Cross Cpr Pro Manual

- Setting Reading Goals American Red Cross Cpr Pro Manual
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of American Red Cross Cpr Pro Manual

- Fact-Checking eBook Content of American Red Cross Cpr Pro Manual
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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