

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.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app:
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Red Cross Cpr Guidelines 2013

Karin Nielsen-Saines



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Red Cross Cpr Guidelines 2013 Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Red Cross Cpr Guidelines 2013**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

<https://crm.avenza.com/results/browse/HomePages/Sages%20%20Sample%20Test.pdf>

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