

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:
myrc.redcross.ca | 1.877.356.3226 | redcross.ca/apps



Red Cross Cpr Guidelines 2013

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Red Cross Cpr Guidelines 2013:

The book delves into Red Cross Cpr Guidelines 2013. Red Cross Cpr Guidelines 2013 is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Red Cross Cpr Guidelines 2013, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Red Cross Cpr Guidelines 2013
- Chapter 2: Essential Elements of Red Cross Cpr Guidelines 2013
- Chapter 3: Red Cross Cpr Guidelines 2013 in Everyday Life
- Chapter 4: Red Cross Cpr Guidelines 2013 in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Red Cross Cpr Guidelines 2013. This chapter will explore what Red Cross Cpr Guidelines 2013 is, why Red Cross Cpr Guidelines 2013 is vital, and how to effectively learn about Red Cross Cpr Guidelines 2013.
3. In chapter 2, this book will delve into the foundational concepts of Red Cross Cpr Guidelines 2013. This chapter will elucidate the essential principles that must be understood to grasp Red Cross Cpr Guidelines 2013 in its entirety.
4. In chapter 3, the author will examine the practical applications of Red Cross Cpr Guidelines 2013 in daily life. The third chapter will showcase real-world examples of how Red Cross Cpr Guidelines 2013 can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Red Cross Cpr Guidelines 2013 in specific contexts. This chapter will explore how Red Cross Cpr Guidelines 2013 is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Red Cross Cpr Guidelines 2013. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Red Cross Cpr Guidelines 2013.

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