

HOW TO PERFORM HANDS-ONLY CPR

If you see someone collapse or find someone lying on the ground:

- 1** Call **9-1-1** or send someone to do so.

Hands-Only CPR **Hands-Only Cardiopulmonary Resuscitation**

- The victim must be on a firm and flat surface and facing upwards



2 CHEST COMPRESSIONS

- Draw a line, with your hand, from the armpit to the center of the chest



- Place the heel of one hand on the lower half of the sternum or breast bone and place other hand over the first. Interlace fingers.
- Straighten your arms and position your shoulders over the victim's chest.

- Push down hard and fast, 2 inches (or 5 centimeters) deep at the rate of at least 100 compressions per minute.



- Lift your hands slightly off the chest between each compression to allow for full chest re-coil.

CONTINUE CHEST COMPRESSIONS UNTIL:

- The victim begins breathing.
- Another trained responder arrives and is ready to take over.



- You are physically unable to continue.



Red Cross Cpr Guidelines 23

Thomas Griffiths

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Red Cross Cpr Guidelines 23:

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training "Code of Massachusetts regulations, 2013" ,2013 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 2015" ,2015 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **WHO neonatal resuscitation manikin** ,2021-10-15 The United Nations Commission on Life Saving Commodities UNCLSC 2012 defined 13 health products to end preventable deaths of woman and children One of those 13 products is the neonatal resuscitator is indispensable medical device to save newborns from asphyxia at birth For the efficient use of neonatal resuscitation training of healthcare professionals using neonatal resuscitation manikins is the most effective approach Critical lifesaving trainings calls for the need of neonatal resuscitation manikins with the right features The purpose of the WHO neonatal resuscitation manikin technical specifications is to provide a minimum standard baseline to meet the increasing demand to procure good quality affordable accessible and appropriate neonatal resuscitation manikins Towards the development of this baseline this document includes compilation of available scientific evidence from technical literature international publications expert reviews and an industry survey which was conducted by WHO medical devices team "Code of Massachusetts regulations, 2009" ,2009 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 2008" ,2008 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 2014" ,2014 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 2011" ,2011 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 1995" ,1995 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 2016" ,2016 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 2004" ,2004

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