

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

DP Hallahan

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 2013:

"*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 **Step-by-Step Guide to Effective Job Hunting & Career Preparedness** Susan Henneberg,2014-07-15 This plain speaking guide provides teens with specific measures for finding a job and preparing for a career It gives them the tools to identify their skills and interests and set job search goals use resources including social media stay organized complete job applications compile a resume and cover letter interview and follow up promote themselves and parlay job hunting experience toward new goals that can be used throughout their lives Other topics examined are considering a job offer and accepting it growing on the job time management taking responsibility working as a team and earning a postsecondary degree *Complete Guide to Prescription and Nonprescription Drugs 2013* H. Winter Griffith,2012-11-06 This newly revised expanded 2013 edition of the bestselling drug reference book features more than 6 000 brand names and 1 000 generic names plus revised information on new FDA changes easy to use chart format for quick access to data information on dangerous interactions and side effects warnings and vital data for safe use comprehensive coverage of lifestyle drugs skin aging obesity sexual dysfunction and more 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 Emergency Aid Leavitt Amie,2014-06-10 Emergency Aid explores the the world response to natural disasters and war and the people and organizations that are working to help people in need This title also focuses on people who have been helped the progress that has already been made and the challenges still left to be met The young reader analyzes the stories and develops their own opinion of what can be done to effectively respond to disasters The book has been developed to address many of the Common Core specific goals higher level thinking skills and progressive learning strategies from informational texts for middle grade and junior high level students *The Effective Security Officer's Training Manual* Ralph Brislin,2014-03-22 The Effective Security Officer s Training Manual Third Edition teaches today s security officers the most important aspects of performing the job of a security officer professionally and effectively Training is the most important

element in becoming a professional security officer but it is also often overlooked or underutilized This straightforward easy to follow and well organized text covers the essentials that security officers need as they face issues of growing technology and an emphasis on proactiveness and vigilance The Effective Security Officer s Training Manual Third Edition also covers many topics of current concern such as sexual harassment crowd control cultural diversity persons with special needs new technologies and much more With discussion questions at the end of every chapter and a full ancillary package accompanying the text this manual is a comprehensive tool for developing a career as a successful and trusted professional security officer Meets ASIS International s guidelines for Private Security Officer Selection and Training Addresses the latest technological advancements that impact how today s security officers do their jobs Discusses the increased role security officers have in observing and reporting suspicious activities and events Includes end of chapter discussion questions to enhance understanding

Fundamentals of Athletic Training 4th Edition Cartwright, Lorin A.,Peer, Kimberly,2019

Fundamentals of Athletic Training Fourth Edition provides a clear understanding of the functions skills and activities that are involved in the work of certified athletic trainers This book helps students evaluate the possibility of a career as a sports medicine professional

Disaster Spiritual Care, 2nd Edition Rev. Willard W. C. Ashley Sr., MDiv, DMin, DH,Rabbi Stephen B. Roberts, MBA, MHL, BCJC,2017-06-13

The first comprehensive resource for pastoral care in the face of disaster a vital resource for clergy seminarians pastoral counselors and caregivers of all faith traditions Updated and expanded This essential resource for clergy and caregivers integrates the classic foundations of pastoral care with the unique challenges of disaster response on community regional and national levels Offering the latest theological perspectives and tools along with basic theory and skills from the best disaster response texts research and concepts the contributors to this resource are innovators in their fields and represent Christianity Judaism Islam and more New to this edition are chapters on N VOAD Points of Consensus and Guidelines A Developing Conversation Ethics in Disaster Spiritual Care Assessment Developing a Theological Framework for Providing Disaster Spiritual Care And More Exploring how spiritual care changes following a disaster and including a comprehensive explanation of a disaster s lifecycle this is the definitive guidebook for counseling not only the victims of disaster but also the clergy and caregivers who are called to service in the wake of crisis

Sport First Aid Robb S. Rehberg,2025

Approximately 90 percent of high school student athletes report sustaining an injury while participating in sports With only about one third of high schools in the United States having full time athletic trainers and another third lacking any athletic trainer services you the coach are often the first responder when an injury occurs This reality underscores the importance of providing you with proper training in first aid and injury prevention Such training prepares you to act quickly and appropriately when an athlete is injured or becomes ill ensuring the safety and well being of your student athletes As a current or aspiring high school or club coach you can rely on Sport First Aid Sixth Edition for the information you need to be a capable and confident first responder The sixth edition has been revised and restructured It

features an unparalleled author team of experts in athletic training sports medicine exercise science and physiology strength and conditioning and sport coaching It reflects the leading health organizations latest emergency guidelines including those for CPR concussion dehydration and heat illness Tailored specifically to your needs as a coach the text covers causes symptoms and action steps for more than 100 injuries and illnesses In this sixth edition the most common injuries and illnesses are described in greater detail and prioritized so they are easier to reference Additionally flowcharts for over 40 specific injuries and illnesses offer step by step visuals to guide you through the decision making and response process Beyond specific first aid procedures the text provides guidance on understanding your legal duties as a coach assembling an athletic health care team and collaborating with other team members minimizing the risk of injury planning for medical emergencies administering the plan during emergency situations and assessing when and how to move injured and sick athletes An athletic trainer may not always be present at every practice and game As a coach it s crucial to have a basic understanding of first aid and injury prevention Sport First Aid is the most authoritative source for this potentially life saving information It will prepare you to respond appropriately in emergency situations meet your legal obligations as a coach and foster a safe environment for your athletes

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Hayat Kurtaran Bilgiler Elif KONORALP,2025-07-02 **Fitness Professional's Handbook** Barbara A.

Bushman,2024-04-09 With a newly restructured framework that strongly emphasizes real world application Fitness Professional s Handbook Eighth Edition With HKPropel Access provides current and aspiring fitness professionals the road map for working with clients The text translates key concepts into practical application by guiding the reader through screening participants conducting fitness testing evaluating the major components of fitness and prescribing appropriate exercise This eighth edition reflects the most up to date research position stands guidelines and standards from the American College of Sports Medicine ACSM other professional societies and government agencies New case studies reflecting a diverse array of clients offer real world applications and Research Insight sidebars cover a wide range of applicable scientific topics Significant updates changes and additions have been made throughout including these An updated overview of assessment that provides practical understanding of preparatory steps such as obtaining informed consent taking steps to maximize client safety and explaining test results in a way that will be meaningful and relevant A new chapter on how to combine assessment results with a client s personal goals to create a comprehensive exercise program readers will learn how to develop the optimal training stimulus and to balance activity level and nutritional requirements to optimize outcomes and safety for clients Expanded content on working with clients who are pregnant covering the benefits of exercise during and after pregnancy contraindications and signs that warrant stopping exercise and new content on pelvic floor training Updated content on chronic diseases featuring the latest information on cardiovascular disease pulmonary disease diabetes

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connections across concepts *Handbook of Risk and Insurance Strategies for Certified Public Risk Officers and other Water Professionals* Frank Spellman, Lorilee Medders, Paul Fuller, 2021-10-19 This book serves as a technical yet practical risk management manual for professionals working with water and wastewater organizations. It provides readers with a functional comprehension of water and wastewater operations as well as a broad understanding of industry derivations and various stakeholder interconnectivity. This knowledge is imperative as most administrative professionals are proficient in their respective areas of expertise but sometimes lack fluency on the broader technical aspects of their organization's purpose, operations, and externalities. It also examines risk management best practices and provides an actionable review of doing the right thing the right way every time through a combination of core risk management principles. These include enterprise, strategic, operational, and reputational risk management as well as risk assessments, risk frequency matrixes, checklists, rules, and decision-making processes. Finally, the book addresses the importance of risk transfer through insurance policies and provides best practices for the prudent selection of these policies across different scenarios. Features: Provides an understanding of water and wastewater technical operations to properly implement sound risk management and insurance programs. Emphasizes the importance of building well-designed resilient systems such as policies, processes, procedures, protocol, rules, and checklists that are up to date and fully implemented across a business. Offers a detailed look into insurance policy terms and conditions and includes practical checklists to assist readers in structuring and negotiating their own policies. *Handbook of Risk and Insurance Strategies for Certified Public Risk Officers and Other Water Professionals* combines practical knowledge of technical water/wastewater operations along with the core subjects of risk management and insurance for practicing and aspiring professionals charged with handling these vital tasks for their organizations. Readers will also gain invaluable perspective and knowledge on best-in-class risk management and insurance practices in the water and wastewater industries *The Gerontology Nurse's Guide to the Community-Based Health Network* Brenda L. Bonham Howe, 2014-10-29 This is a timely and vital resource for new and seasoned gerontology nurses responsible for coordinating care and advocacy for their patients as health care shifts from hospital-based to community-based care. Comprehensive and organized for quick access to information, this clinical guide encompasses the broad network of community health resources available and describes how to access them on behalf of geriatric patients and clients. It provides an overview of growing old in the United States and discusses cultural and socioeconomic considerations, common conditions, and morbidities affecting older adults and the wide variety of community resources available to address these concerns. The book provides the critical information gerontology nurses need to synthesize the health conditions affecting older adults with education about and access to vital community-based services. It discusses health delivery in regard to cultural diversity, the physical and psychological changes of aging, and how to adapt to them and different types of community-based health options including home health services, independent and assisted living, long-term care, and hospice, and

palliative care Woven throughout are the themes of empowerment and advocacy for the nurse patient and family Included in each chapter are abundant tools and resources that can be quickly referenced and there is an emphasis on patient advocacy and teaching throughout The book is also a supportive resource for nursing education programs and for nurses in mentorship roles in hospital or primary clinical practice settings Key Features Encompasses the broad network of community health resources available to older adults Provides easy access to informational websites tools and resources Addresses the physical and psychological changes of aging Focuses on advocacy and empowerment Serves as a comprehensive resource for new and seasoned gerontology nurses educators and mentors

Pediatric Cardiology Robert H. Anderson, Carl L. Backer, Stuart Berger, Nico A. Blom, Ralf J. Holzer, Joshua D. Robinson, 2024-08-05 This reference work aims to be the primary resource in the field of heart disease in children and adult congenital heart disease It contains nearly 100 chapters covering all aspects of heart disease in three populations fetus with acquired and congenital heart diseases children with acquired and congenital heart diseases and adults with congenital heart diseases Divided into five main sections the book provides a comprehensive up to date and continuously revised overview of what is known in the field as well as resources for practical use such as normal values medication information and review of published guidelines The first section of the book includes historical background on congenital heart disease and the evolution of medical surgical and catheter therapeutics The fetal heart disease section comes next and covers cardiovascular embryogenesis etiological mechanisms diagnostic tools presentation and management cardiomyopathies arrhythmias perinatal management and emergencies The bulk of the book lies in the third section on pediatric cardiology which examines not only basic science assessment and therapies but also a wide variety of specific acquired and congenital diseases such as valvular lesions arterial diseases cyanotic heart diseases cardiomyopathies cardiac tumors and pulmonary hypertension This is followed by the section on adult congenital heart diseases discussing echocardiography electrophysiology neurodevelopment and a variety of unique aspects of congenital heart disease in the adult years The final section of the book focuses on pharmacology with chapters on inotropes vasopressors diuretics and more Pediatric Cardiology Fetal and Pediatric Heart Diseases Adult Congenital Heart Diseases is an essential reference for physicians residents fellows medical students nurse practitioners and allied health professionals in cardiology pediatrics cardiac surgery and imaging radiology

Professional Transitions in Nursing Alister Hodge, Wayne Varndell, 2020-07-25 Written by clinical lecturers Professional Transitions in Nursing provides a practical and accessible guide to the core knowledge and skills required by nurse graduates entering the Australian workforce for the first time Part I focuses on the structure of the Australian healthcare system and the national competency standards The authors examine key issues including ethics law and codes of conduct as well as the leadership team building and communication skills necessary in a constantly changing and high pressure environment Part II outlines the clinical skills and practices a nurse graduate must master including clinical assessment risk management and reporting management plans diagnostics reasoning

collaboration with other health professionals and working with patients from diverse backgrounds A special feature is an analysis of issues in Aboriginal and Torres Strait Islander nursing practice The authors also outline health information systems and technologies and how to utilise these most effectively Part III looks at career planning and lifelong learning with advice on applying for a nursing position and continual professional development This is an essential reference for both nursing graduates and overseas qualified nurses seeking to pursue a career in Australia This text will be of tremendous use to new graduate nurses nurses relocating from overseas and those of us who support these nurses during their transitions The language is easily accessible and important content about everyday nursing practice is discussed in a practical and logical way A particular strength is the use of research to support key points of discussion Professor Andrea Marshall Professor of Acute and Complex Care Nursing Griffith University This book is a must have for undergraduates newly graduated and overseas qualified registered nurses entering the Australian healthcare workforce for the first time Written by experienced nurses the book provides essential up to date information that is presented in an easily accessible way I highly recommend this book Associate Professor Jacqueline Bloomfield Sydney Nursing School University of Sydney For educators supporting student new graduate and international graduate nurses this text will be an important resource and is superbly structured to guide curriculum development and delivery Dr Danny Hills Senior Lecturer School of Nursing and Midwifery Monash University

Living Ready Pocket Manual - First Aid James Hubbard, 2013-12-05 Skills to Save A Life Whether you are miles from help or immersed in an urban disaster situation every second counts during a medical emergency This book will help you take quick effective action to stabilize the situation The easy to follow step by step instruction in this book will help you prevent or respond to Dehydration Hypothermia frostbite and heatstroke Skin wounds including burns cuts bites and gunshots Anaphylaxis allergic reactions and rashes Broken bones and injured joints Plus you ll find detailed packing lists for survival first aid kits of all sizes This pocket sized manual is perfect for packing in first aid kits bug out bags day hiking packs and vehicle kits Medical emergencies are unplanned and unpredictable but you can be prepared Arm yourself with knowledge that can save a life

Elsevier's Canadian Comprehensive Review for the NCLEX-RN® Examination - E-Book Patricia A. Bradley, Karin L. Page-Cuttrara, Linda Anne Silvestri, Angela Silvestri, 2023-03-28 A truly Canadian edition of Elsevier's best selling NCLEX exam review book Elsevier's Canadian Comprehensive Review for the NCLEX RN Examination 3rd Edition provides everything you need to prepare for the NCLEX exam complete content review more than 5 000 NCLEX practice questions in the book and online and preparation for the Next Generation NCLEX In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question Integrating Canadian approaches to nursing throughout the text this book is the only comprehensive NCLEX review written from a Canadian perspective It's THE book of choice for NCLEX preparation Completely up to date coverage from a Canadian perspective reflects Canadian approaches to nursing and health care including the addition of the latest Canadian

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Table of Contents Red Cross Cpr Guidelines 2013

1. Understanding the eBook Red Cross Cpr Guidelines 2013
 - The Rise of Digital Reading Red Cross Cpr Guidelines 2013
 - Advantages of eBooks Over Traditional Books
2. Identifying Red Cross Cpr Guidelines 2013
 - 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 Red Cross Cpr Guidelines 2013
 - User-Friendly Interface
4. Exploring eBook Recommendations from Red Cross Cpr Guidelines 2013
 - Personalized Recommendations
 - Red Cross Cpr Guidelines 2013 User Reviews and Ratings
 - Red Cross Cpr Guidelines 2013 and Bestseller Lists
5. Accessing Red Cross Cpr Guidelines 2013 Free and Paid eBooks

- Red Cross Cpr Guidelines 2013 Public Domain eBooks
- Red Cross Cpr Guidelines 2013 eBook Subscription Services
- Red Cross Cpr Guidelines 2013 Budget-Friendly Options
- 6. Navigating Red Cross Cpr Guidelines 2013 eBook Formats
 - ePub, PDF, MOBI, and More
 - Red Cross Cpr Guidelines 2013 Compatibility with Devices
 - Red Cross Cpr Guidelines 2013 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Red Cross Cpr Guidelines 2013
 - Highlighting and Note-Taking Red Cross Cpr Guidelines 2013
 - Interactive Elements Red Cross Cpr Guidelines 2013
- 8. Staying Engaged with Red Cross Cpr Guidelines 2013
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Red Cross Cpr Guidelines 2013
- 9. Balancing eBooks and Physical Books Red Cross Cpr Guidelines 2013
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Red Cross Cpr Guidelines 2013
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Red Cross Cpr Guidelines 2013
 - Setting Reading Goals Red Cross Cpr Guidelines 2013
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Red Cross Cpr Guidelines 2013
 - Fact-Checking eBook Content of Red Cross Cpr Guidelines 2013
 - 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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