

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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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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