

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

**Rev. Willard W. C. Ashley Sr., MDiv,
DMin, DH, Rabbi Stephen B. Roberts,
MBA, MHL, BCJC**

Red Cross Cpr Guidelines 2013:

The Enigmatic Realm of **Red Cross Cpr Guidelines 2013**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Red Cross Cpr Guidelines 2013** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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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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