

# 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

**Cartwright, Lorin A.,Peer, Kimberly**



## **Red Cross Cpr Guidelines 2013:**

**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 **"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 **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 **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

**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

**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

**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 osteoporosis and cancer Additional new information includes two new muscular fitness tests a section on pharmacology that covers major drug categories and offers insights into how medications can affect heart rate blood pressure and physiological responses to exercise and coverage of neuromotor fitness The engaging full color textbook is further enhanced by 26 related online videos delivered through HKPropel facilitating a deeper understanding of techniques in the book and development of practical skills Comprehensive yet practical in nature Fitness Professional's Handbook is designed to prepare students for professional certification and empower current fitness professionals to work with various populations to improve health fitness and quality of life through appropriate screening testing and exercise prescription Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

*Code of Federal Regulations*, 2016 Special edition of the Federal Register containing a codification of documents of general applicability and future effect with ancillaries

**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

**Buku Saku First Aider** Noraliyatun Jannah, 2019-04-13 First aid adalah pertolongan sementara yang diberikan pertama kali kepada orang sakit atau mengalami cedera yang terjadi secara tiba tiba sebelum mendapatkan perawatan medis Kecelakaan tiba tiba dapat terjadi pada setiap orang dimanapun ia berada sehingga first aid atau dapat juga dengan istilah pertolongan pertama pada kecelakaan P3K merupakan hal yang seharusnya dipahami oleh setiap orang tidak hanya tenaga kesehatan Buku Saku First Aid tidak hanya diperuntukkan untuk santri dayah tetapi untuk semua kalangan yang memerlukan pengetahuan dan keterampilan dalam memberikan pertolongan pertama pada kecelakaan Buku ini menuntun anda untuk menangani korban kecelakaan seperti mimisan pingsan keracunan makanan patah tulang dan keseleo luka terbuka dan pendarahan serta luka bakar selain itu buku ini juga dilengkapi pembahasan tentang konsep dasar pertolongan pertama recovery position dan penggolongan korban triase sebelum pertolongan berlanjut di fasilitas kesehatan atau di tangani tenaga medis Ringkasan dan catatan penting juga di muat dalam catatan kaki SADAR 1 2 3 dan seterusnya guna memudahkan pembaca dalam

mempelajari dan mengingat prosedur first aid      Animals, Ethics, and Engineering Rosalyn W. Berne, 2025-08-07 This book is a seminal work that explores the intricate relationship between technology ethics and the welfare of non human animals Edited by Rosalyn W Berne this volume brings together leading scholars and practitioners to examine the ethical responsibilities inherent in technological progress and its impact on animal well being      *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 statistics research legislation regulations references clinical practice guidelines and more More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps to be taken in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts New graduate's perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 79 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan and includes four case study format questions for the NGN Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 30 new questions for the Next Generation NCLEX plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot and chart exhibit Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing you to choose completely customizable exams or study sessions UNIQUE Audio review summaries on the Evolve companion website cover pharmacology acid base balance and fluids and electrolytes      **American Volunteer Police: Mobilizing for Security** Martin Alan Greenberg, 2014-10-21 Today it is estimated there are over 200 000 volunteers in police work throughout the United States Although the need for such volunteers has never been greater there is a lack of published materials regarding the nature of

volunteer police work and how qualified citizens may augment police services American Volunteer Police Mobilizing for Security provides a selective overview of the history organizations operations and legal aspects of volunteer police in various U S states and territories Designed to help police leaders adopt or modify their own volunteer programs the book Highlights what average Americans have done and are currently doing to safeguard their communities Presents contributions of police and safety volunteers at all levels of government including the work of FEMA volunteers the Civil Air Patrol and the Coast Guard Auxiliary Examines youth involvement in contemporary police departments Discusses a variety of legal matters concerning volunteer participation in policing Includes the latest Commission on Accreditation for Law Enforcement Agencies Inc CALEA standards concerning auxiliary and reserve police Explores new roles for volunteer police including the treatment of homeless persons the prevention of human trafficking violence prevention in schools immigration and border protection and the establishment of college level reserve police officer training cadet programs Framed by modern concerns for homeland security and community safety the book places the topic in historical and international contexts It will serve as a catalyst for the development of courses as well as growth in the number of qualified volunteer police a necessary resource for homeland security A 103 page online instructional manual is available for instructors who have adopted this book It includes model answers to each of the review questions found at the end of each chapter as well as additional student exercises and related updated references

National Security Law, Procedure and Practice Robert Ward,David Blundell,Caroline Stone,Karl Laird,2024-05-31 A comprehensive detailed and updated account of UK national security law in all its aspects National Security Law Procedure and Practice is the only book to collate and explain all the elements of law both substantive and procedural and the practical issues which may arise in national security litigation The specialised nature of the subject makes this book a vital text not only for those seeking an overview of national security law but also for experienced practitioners instructed to act in proceedings in which national security issues may arise The intense media and public scrutiny which accompanies many national security cases makes this book of interest to a wider audience seeking to understand the legal context of such cases This new edition draws on the professional experience of a team of expert contributors and covers all recent legislation case law and guidance It provides a detailed explanation of the National Security Act 2023 which repeals and replaces the existing law relating to state threats The new Act introduces significant new offences and executive powers including the power to impose state threat prevention and investigation measures STPIMs and creates a new scheme for the registration of foreign political influence activities The second edition also includes analysis of the landmark Supreme Court decision in Shamima Begum which re evaluates the respective roles of the government and the courts in national security matters and has ramifications throughout the work a comprehensive explanation of the National Security and Investment Act 2021 a fully revised chapter on sanctions law and an updated explanation of the continued impact of EU law on UK national security law This second edition of National Security Law

Procedure and Practice will be an invaluable resource for judges policymakers legislators oversight bodies academic experts and students in a variety of legal fields

**ACSM's Resources for the Personal Trainer** American College of Sports Medicine,2013-03-22 ACSM s Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs

**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

**Fitness Professional's Handbook** Edward T. Howley,Dixie L. Thompson,2022-06-02 Fitness Professional s Handbook Seventh Edition With HKPropel Access provides current and future fitness professionals with the knowledge to screen participants conduct standardized fitness tests evaluate the major components of fitness and prescribe appropriate exercise The text uses the latest standards guidelines and research from authorities in the field to prepare readers for certification and arm them with the knowledge to work with a variety of clients and populations This full color text incorporates information from the 10th edition of ACSM s Guidelines for Exercise Testing and Prescription and the Physical Activity Guidelines for Americans exercise and physical activity recommendations for

adults older adults children and those with special needs The text embraces the importance of communication between allied health and medical professionals with those in the fitness arena to provide readers with a foundation for prescribing exercise and delivering need and goal specific physical activity and fitness programs Every chapter has been updated allowing readers to explore the newest theories and research findings and apply them to real world situations The following are among the most significant changes to the seventh edition Related online content delivered via HKPropel that includes an online video library containing 24 video clips to help readers better apply key techniques covered in the book as well as fillable forms that students can use beyond the classroom A new chapter Training for Performance helps professionals expand their practice to work with recreational athletes who have performance related goals New information including the consequences of exercise induced muscle damage rhabdomyolysis devices used to track physical activity and estimate energy expenditure e g accelerometers relative flexibility and the role of lumbopelvic rhythm in back function the importance of progression in an exercise prescription and the professional standard of care associated with HIIT programs reflects recent topics of interest and research Updated statistics on CVD and CHD from the American Heart Association adult and childhood obesity and the prevalence of COPD asthma bronchitis and emphysema ensure accurate representation of data With a comprehensive and practical approach this text enables readers to help individuals communities and groups gain the benefits of regular physical activity in a positive and safe environment It provides background to the field scientific fundamentals and up to date recommendations to help readers better understand the role of physical activity in the quality of life and guidelines for screening testing supervising and modifying activity for various populations Note A code for accessing HKPropel is not included with this ebook but may be purchased separately     *Epilepsy Mortality: Leading Causes of Death, Co-morbidities, Cardiovascular Risk and Prevention* Christopher Michael DeGiorgio,Rohit Shankar,Brian Darryl Moseley,2022-02-21 We would like to acknowledge that Dr Luke Allen University College London has acted as a coordinator and has contributed to the preparation of the proposal for this Research Topic     The Gerontology Nurse's Guide to the Community-Based Health Network Brenda L. Bonham Howe,Brenda L. Howe,2014-10-29 Print CourseSmart

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