## **CPR for an Adult**

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.



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.



Place both of your hands on the centre of the person's chest.

> Do 30 chest compressions: Push deeply and steadily.



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:



# **Red Cross Cpr Guidelines 2013**

Barbara A. Bushman

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

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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 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

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