

first aid cpr guide pdf

PERFORM CPR After delivering the shock, or if no shock is advised: Perform about 2 minutes (or 5 cycles) of CPR. Continue to follow the prompts of the AED. TIPS: • If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.

Adult First Aid/CPR/AED - redcross.org

CPR-AED-First Aid Participants Manual

CPR-AED-First Aid Participants Manual

| First Aid/CPR/AED Participant's Manual Loosen any tight or uncomfortable clothing. Reassure the person. Anxiety increases the person's discomfort. If the person has a history of heart disease and takes a prescribed medication to relieve chest pain (e.g., nitroglycerin), offer to locate the medication and help the person to take it.

American Red Cross First Aid/CPR/AED

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Printable Chart of First-Aid Procedures - Lifehacker

First Aid Manual - PDF Format. On this page you will find several PDF documents pertaining to First Aid, CPR, and Defibrillation. This information is the same as on the First Aid Manual-online page, but it is in PDF so you can download it. You are welcome to use this information for personal use, or for use in a classroom, but please do not alter the pages or the information in any way.

First Aid Manual - PDF Format

The Basic Life Support (BLS): CPR and First Aid provider program is designed to provide course participants with foundational knowledge and teach skills needed to perform cardiopulmonary resuscitation (CPR) and other lifesaving skills.

Basic Life Support: BLS CPR and First Aid R

You can still take a first aid and CPR class (recommended) but as a CERT volunteer you will learn about trauma and other things not covered in standard classes. And having this printable in different places (home, car, school, work, purse, backpack) with a mini first aid kit could really come in handy!

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