

RESUSCITATION

1 Danger

Check For Danger To You To Casualty And To Others

2 Response

Talk & Touch

RESPONDS

Reassure, Make Comfortable Treat Bleeding And Other Injuries



3 Send For Help

EMERGENCY PHONE: 999
REMOTE AREAS PHONE: 112
from mobiles

4 Airway

Open Airway

NO RESPONSE



If Required, Roll Casualty On Side To Clear Airway

5 Breathing

Check For Breathing

BREATHING

Observe Breathing Look, Listen & Feel



6 CPR

For Mutual Protection The Use Of A Shield Device Is Recommended

NOT BREATHING NORMALLY



Begin CPR

30 Compressions Followed By 2 Rescue Breaths If Unwilling/Unable To Perform Rescue Breaths Continue Chest Compressions

Continue CPR Until Responsiveness Or Normal Breathing Returns

7 Defibrillation

Attach AED (Automated External Defibrillator) If Available & Follow Prompts



Child Resuscitation Guide

Child Not Breathing Normally

Give 2 small breaths, tilting head OR using 1 or 2 hands compress 1/2 chest depth on the middle of chest. Give 30 compressions & 2 breaths.



Infant Resuscitation Guide

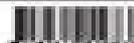
Infant Not Breathing Normally

Give 2 puffs of air (at least 90). Using 2 fingers, compress 1/2 chest depth on the middle of chest. Give 30 compressions & 2 breaths.



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Cardio Pulmonary Resuscitation Rate Chart

	Adult & Older Child	Young Child 1-6	Infant Less Than 1
Head Tilt	Maximum	Moderate	Nil
CPR Pressure	2 Hands	1 or 2 Hands	2 Fingers
CPR Chest Depth	1/3	1/3	1/3
CPR Rate	100/min	100/min	100/min
Ratio of Compressions to Inflation	30:2	30:2	30:2

If unwilling/unable to perform rescue breaths continue with chest compressions

Cpr First Aid Cheat Sheet

Yi-Tong Ma



Cpr First Aid Cheat Sheet:

Cpr First Aid Cheat Sheet Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Cpr First Aid Cheat Sheet**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents Cpr First Aid Cheat Sheet

1. Understanding the eBook Cpr First Aid Cheat Sheet
 - The Rise of Digital Reading Cpr First Aid Cheat Sheet
 - Advantages of eBooks Over Traditional Books
2. Identifying Cpr First Aid Cheat Sheet
 - 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 Cpr First Aid Cheat Sheet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cpr First Aid Cheat Sheet
 - Personalized Recommendations
 - Cpr First Aid Cheat Sheet User Reviews and Ratings
 - Cpr First Aid Cheat Sheet and Bestseller Lists

5. Accessing Cpr First Aid Cheat Sheet Free and Paid eBooks
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 - Cpr First Aid Cheat Sheet eBook Subscription Services
 - Cpr First Aid Cheat Sheet Budget-Friendly Options
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 - Cpr First Aid Cheat Sheet Compatibility with Devices
 - Cpr First Aid Cheat Sheet Enhanced eBook Features
7. Enhancing Your Reading Experience
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 - Highlighting and Note-Taking Cpr First Aid Cheat Sheet
 - Interactive Elements Cpr First Aid Cheat Sheet
8. Staying Engaged with Cpr First Aid Cheat Sheet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cpr First Aid Cheat Sheet
9. Balancing eBooks and Physical Books Cpr First Aid Cheat Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cpr First Aid Cheat Sheet
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Cpr First Aid Cheat Sheet
 - Setting Reading Goals Cpr First Aid Cheat Sheet
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Cpr First Aid Cheat Sheet
 - Fact-Checking eBook Content of Cpr First Aid Cheat Sheet
 - 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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