

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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American Red Cross Community CPR American Red Cross,1988 *American Red Cross First Aid/ CPR/ AED Participant's Manual* American Red Cross,2021-10-19 *CPR Lifesaving Reference Guide (Speedy Study Guide)* Speedy Publishing,2014-12-07 When a life is at stake you will want to do everything you can to ensure that person makes it out alive When CPR is needed it is crucial to administer the procedure properly This is where CPR Lifesaving reference guides come into play These handy guides will let an individual know the steps needed to complete CPR These guides help save lives in emergencies for people who haven t taken a full CPR course at their local Red Cross Station American Red Cross CPR for the Professional Rescuer American Red Cross,1993 Medicine Question-Answer Mr. Rohit Manglik,2024-07-30 A collection of clinically oriented questions and answers for medical students to test their knowledge and prepare for competitive exams **American Red Cross CPR** American Red Cross,1990-12 *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

U.S. ARMY AEROMEDICAL EVACUATION CRITICAL CARE FLIGHT PARAMEDIC STANDARD MEDICAL OPERATING GUIDELINES (2023-2024) U.S. Army ,2022-12-31 CONTENTS 1 U S ARMY AEROMEDICAL EVACUATION CRITICAL CARE FLIGHT PARAMEDIC STANDARD MEDICAL OPERATING GUIDELINES CY23 Version Published January 2023 318 pages 2 TCCC Guidelines for Medical Personnel 15 December 2021 19 pages 3 JTS Clinical Practice Guidelines 2 260 total pages current as of 19 September 2023 INTRODUCTION The SMOG continues to go through significant improvements with each release as a result of the collaboration of Emergency Medicine professionals experienced Flight Medics Aeromedical Physician Assistants Critical Care Nurses and Flight Surgeons There has been close coordination in the development of these guidelines by the Joint Trauma System and the Defense Committees on Trauma Our shared goal is to ensure the highest quality en route care possible and to standardize care across all evacuation and emergency medical pre hospital units It is our vision that all of these enhancements and improvements will advance en route care across the services and the Department of Defense Unit medical trainers and medical directors should evaluate Critical Care Flight Paramedics CCFP ability to follow and execute the medical instructions herein These medical guidelines are intended to guide CCFPs and prehospital professionals in the response and management of emergencies and the care and treatment of patients in both garrison and combat theater environments Unit medical providers are not expected to employ these guidelines blindly Unit

medical providers are expected to manipulate and adjust these guidelines to their unit's mission and medical air crew training experience. Medical directors or designated supervising physicians should endorse these guidelines as a baseline, appropriately adjust components as needed, and responsibly manage individual unit medical missions within the scope of practice of their Critical Care Flight Paramedics Enroute Critical Care Nurses and advanced practice aeromedical providers. The medication section of this manual is provided for information purposes only. CCFPs may administer medications only as listed in the guidelines unless their medical director and/or supervising physician orders a deviation. Other medications may be added so long as the unit supervising physician and/or medical director approves them. This manual also serves as a reference for physicians providing medical direction and clinical oversight to the CCFP. Treatment direction which is more appropriate to the patient's condition than the guideline should be provided by the physician as long as the CCFP scope of practice is not exceeded. Any medical guideline that is out of date or has been found to cause further harm will be updated or deleted immediately. The Medical Evacuation Concepts and Capabilities Division (MECCD) serves as the managing editor of the SMOG and is responsible for content updates, managing the formal review process, and identifying review committee members for the annual review. The Standard Medical Operating Guidelines are intended to provide medical procedural guidance and is in compliment to other Department of Defense and Department of the Army policies, regulatory and doctrinal guidance. Nothing herein overrides or supersedes laws, rules, regulation or policies of the United States DoD or DA.

American Red Cross CPR Instructor's Manual American Red Cross, 1988 *American Red Cross CPR*, 1990 *ACSM's Health/Fitness Facility Standards and Guidelines* American College of Sports Medicine, 2012-02-14. ACSM's Health Fitness Facility Standards and Guidelines Fourth Edition presents the current standards and guidelines that help health and fitness establishments provide high quality service and program offerings in a safe environment. This text is based in large part on both the work that has begun through the NSF international initiative to develop industry standards to serve as the foundation for a voluntary health and fitness facility certification process and the third edition of ACSM's Health Fitness Facility Standards and Guidelines. The ACSM's team of experts in academic, medical and health and fitness fields have put together an authoritative guide for facility operators and owners. By detailing these standards and guidelines and providing supplemental materials, ACSM's Health Fitness Facility Standards and Guidelines provides a blueprint for health and fitness facilities to use in elevating the standard of care they provide their members and users as well as enhance their exercise experience. The fourth edition includes new standards and guidelines for pre-activity screening, orientation, education and supervision, risk management and emergency procedures, professional staff and independent contractors, facility design and construction, facility equipment, operational practices and signage. This edition includes these updates: Standards and guidelines aligned with the current version of the pending NSF international health and fitness facility standards. New guidelines addressing individuals with special needs. New standards and guidelines regarding automated external

defibrillators AEDs for both staffed and unstaffed facilities Revised standards and guidelines to reflect changing directions and business models within the industry including 24 7 fitness facilities medically integrated facilities and demographic specific facilities New standards and guidelines to better equip facilities that are dealing with youth to ensure the proper care of this segment of the clientele With improved organization new visual features and additional appendixes the fourth edition offers a comprehensive and easy to use reference of health and fitness facility standards and guidelines Readers can readily apply the information and save time and expense using over 30 templates found within the appendixes including questionnaires informed consent forms and evaluation forms Appendixes also contain more than 30 supplements such as sample preventive maintenance schedules checklists and court and facility dimensions Included in appendix A is Blueprint for Excellence which allows readers to search efficiently for specific information regarding the standards and guidelines within the book Health and fitness facilities provide opportunities for individuals to become and remain physically active As the use of exercise for health care prevention and prescription continues to gain momentum health and fitness facilities and clubs will emerge as an integral part of the health care system The fourth edition of ACSM s Health Fitness Facility Standards and Guidelines will assist health and fitness facility managers owners and staff in keeping to a standard of operation client care and service that will assist members and users in caring for their health through safe and appropriate exercise experiences

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

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