

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

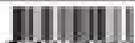
Infant Not Breathing Normally

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.



FIRST AID'S CHOICE

www.britsoc.org.uk
0800 999 999
0800 999 999
0800 999 999



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

Dan T Byrne



Cpr First Aid Cheat Sheet:

Adulthood: The Ultimate Cheat Sheet Haley Cavanagh, 2026-02-26 Winner of the 2024 Silver Quill Award in Nonfiction
Author Haley Cavanagh Embark on a journey to adulthood mastery with Adulthood: The Ultimate Cheat Sheet Unlock the secrets to a well rounded adult life with clear concise and invaluable advice on budgeting cooking time management building meaningful relationships and so much more This comprehensive guide is your roadmap to taking charge of your life offering you the tools and wisdom you need to sculpt the life of your dreams Adulthood: The Ultimate Cheat Sheet offers practical advice and user friendly tips that will empower you to make the most of every aspect of your life ensuring that you become the self reliant confident and accomplished person you were always meant to be Join author Haley Cavanagh military veteran devoted wife and mother and award winning author in waving goodbye to uncertainty and hesitation and embracing the fulfilling life you've envisioned Don't just drift through adulthood thrive in it The future is yours to shape and this book is your indispensable guide on the journey to living the adult life you truly desire Outdoor Minimalist Meg Carney, 2022-09-01 We love the outdoors We want to take care of it and we want to enjoy it But with an excess of packaged food single use disposables and convenient consumables are we loving the land to death Outdoor enthusiasts are more galvanized than ever to be good stewards of the land on which they recreate Here for the first time is the central reliable guide to hiking and backpacking with minimal impact that outdoor enthusiasts need Outdoor Minimalist is a guide to actionable ways to waste less while hiking and camping and implement low impact practices in outdoor pursuits Look inside to find Waste reduction tips and tricks for beginners and experts alike The seven R's of outdoor minimalism reduce refuse rethink repair rehome repurpose remove restore Packing lists to waste less with every trip you plan **Enough About the Baby** Becky Vieira, 2023-03-07 An unapologetic guide to the first year of motherhood Enough About the Baby is a newborn book for women who recognize the necessity of self care even if sometimes the rest of the world does not Superheroes don't have babies real and imperfect non superhumans do When we come to terms with this the result is a happier and less traumatizing start to motherhood Becky Vieira the mom behind the popular Instagram account wittytotter provides actionable advice for new parents on what to expect after pregnancy and how to successfully navigate the frustrations and challenges that come with having a baby Vieira draws on her own experiences and interviews with moms and experts to get to the bottom of the toughest and most taboo topics from managing nosy in laws and an anxious partner to surviving the first postpartum poop and when to seek out treatment for postpartum depression This book is filled with hacks tips and tricks that only the most seasoned and enlightened mom knows Ever hear of a condicle an ergonomic ice pack for a battered nether region Vieira reminds readers that motherhood shouldn't be martyrdom and a new mom who puts her needs first often isn't selfish at all With its combination of practical advice and the signature humor that made Vieira a hit on Instagram Enough About the Baby makes a perfect baby shower gift for first time moms Firefighter Exam For Dummies Stacy L.

Bell, Lindsay Rock, Tracey Vasil Biscontini, 2011-01-11 The fast and easy way to score your best on the Firefighter Exam In addition to physical tests of strength agility and coordination firefighters must also pass a difficult written test that requires serious preparation to fare well and many applicants fail to succeed Firefighter Exam For Dummies gives you a complete review of the most commonly tested topics that are typical of firefighter exams given to candidates across North America as well as tips and advice on how to pass the oral interview psychological testing and the Candidate Physical Ability Test CPAT Coverage of reading comprehension math principles of mechanics tool usage and recognition memorization and visualization and on the job scenarios Study advice and test taking tips 4 full length practice exams with answers and detailed explanations including the National Firefighter Selection Inventory NFSI a battery of 105 questions that assess the job related cognitive skills required of a firefighter and a test based on the New York City NYC firefighter exam one of the most demanding Complete with advice for conquering test anxiety Firefighter Exam For Dummies covers everything you need to know to confidently tackle and pass the big exam

Paddling the Northern Forest Canoe Trail Dan Tobyne, 2021-05-01 The 740 mile Northern Forest Canoe Trail is the largest inland water trail in the United States The trail follows the traditional travel routes of Native Americans including the Wabanaki and Iroquois as well as their Paleo Indian ancestors Beginning in Old Forge New York and ending in Fort Kent Maine the NFCT encompasses 58 lakes and ponds 22 rivers and streams 62 portages totaling more than 55 miles With just over 347 miles Maine is home to more of the trail than any other state and it is the wildest least populated section The Canoe Trail in Maine includes Umbagog Moosehead Rangeley Flagstaff Chesuncook and Chamberlain Lakes as well as the entire 92 mile Allagash Wilderness Waterway This is a guide for doers as well as dreamers Practical information on paddling gear safety plus maps will help you get started and the beautiful photography will inspire you to prepare and help you stay motivated until it s time to head out A paddle on the Canoe Trail is a trip through time as canoeists and kayakers discover the rich Native American and forestry history of the region pockets of pristine wilderness and an abundance of wildlife including moose bear deer beaver bald eagles and loons It s the backwoods paddling experience of a lifetime

Successful Meetings ,1998-10 *Scuba Diving* ,2006 **Judicial Review** ,2002
Video Sourcebook Supplement Furtaw, 1994-03 First Aid & Safety For Dummies Charles B. Inlander, Janet Worsley

Norwood, The People's Medical Society, 1999-11-22 Ask any fire rescue or EMS person and they will tell you the key to emergency response is preparedness First comes prevention knowing how to stop emergencies before they happen Yet if sudden injury or illness occurs knowing what to do can make the difference between a mild emergency and a serious one or even between life and death When you don t know panic usually results now you re part of the problem But don t fret the information you need to be the first step in the solution basic first aid and safety skills is relatively simple and easy to learn Easy to learn yes but if things go wrong your learning suddenly makes all the difference First Aid and Safety For Dummies gives you the tools you need to save a life Whether it s performing CPR correctly or accident proofing your home this

comprehensive guide shows you how to effectively prevent and respond to emergencies In typical lively yet informative Dummies style you ll find out about dealing with Wounds Burns Poisoning Shock Bites and stings Choking And much more Thorough instructions detail each problem and its first aid off putting jargon is kept to a minimum and common sense to a maximum in considering not only the classic symptoms for example two hands on the throat for choking but also the variations what if that choking victim is you and you re alone that crop up in real world emergencies Emphasizing practicality and ready to use knowledge this book also covers Creating a first aid kit Safety for all areas of the home Special needs of children the elderly and the disabled A chapter on hazards of the high tech workplace Sports injuries and accidents Herbal remedies CPR and artificial respiration Emergency rescue procedures Who to call and when Preparedness is peace of mind With the knowledge you ll gain from First Aid and Safety For Dummies you can rest assured that you ve taken the most effective steps against accidents and mishaps You can also be confident that if an emergency does occur yours will be the calmer cooler head and cooler heads are the ones that prevail

Advanced First Aid, CPR, and AED , First Aid, CPR, and AED Essentials American Academy of Orthopaedic Surgeons (AAOS),,AAOS,American College of Emergency Physicians (ACEP),,Alton L. Thygeson,2011-10-25 First Aid CPR and AED Essentials Sixth Edition includes Coverage of the 2010 CPR and ECC Guidelines Clear concise direction on how to perform CPR and use an AED during an emergency Current information on injuries and illnesses Core information for first aiders presented in a clear and straightforward format Skill Drills Offer step by step explanations and visual summaries of important skills Flowcharts Reinforce the decision making process and appropriate procedures Emergency Care Wrap Up Tables Provide a concise summary of what signs first aiders should look for and what treatment steps they should take Important Notice The digital edition of this book is missing some of the images or content found in the physical edition

Standard First Aid, CPR, and AED Alton L. Thygeson,Steven M. Thygeson,2016-03-23 It s essential know to what to look for and what to do in a medical emergency This book shows how to handle common injuries and illnesses and directs you to the most appropriate type of care Publisher *Who's who in Finance and Industry* ,1993

First Aid, CPR, and AED. Alton L. Thygeson,2006 First Aid CPR and AED Standard Fifth Edition is the center of an integrated teaching and learning system that offers instructor student and technology resources to better support instructors and prepare students The text includes Coverage of the 2005 CPR and ECC Guidelines Current information on injured and illnesses Core information for first aiders presented in a clear and straightforward format Skill Drills Offer step by step explanations and visual summaries of important skills Flowcharts Reinforce the decision making process and appropriate procedures Decision Tables Provide a concise summary of what sings first aiders should look for and what treatment steps they should take

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American Academy of Orthopaedic Surgeons (AAOS),,American College of Emergency Physicians (ACEP),2012-05-29
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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

- Cpr First Aid Cheat Sheet Public Domain eBooks
 - Cpr First Aid Cheat Sheet eBook Subscription Services
 - Cpr First Aid Cheat Sheet Budget-Friendly Options
6. Navigating Cpr First Aid Cheat Sheet eBook Formats
 - ePub, PDF, MOBI, and More
 - Cpr First Aid Cheat Sheet Compatibility with Devices
 - Cpr First Aid Cheat Sheet Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cpr First Aid Cheat Sheet
 - 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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