

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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Current Red Cross Cpr Guidelines

Yi-Tong Ma

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

Current Red Cross Cpr Guidelines:

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 tests a section on pharmacology that covers major drug categories and offers insights into how medications can affect heart rate blood pressure and physiological responses to exercise and coverage of neuromotor fitness The engaging full color textbook is further enhanced by 26 related online videos delivered through HKPropel facilitating a deeper understanding of techniques in the book and development of practical skills Comprehensive yet practical in nature Fitness Professional s Handbook is designed to prepare students for professional certification and empower current fitness professionals to work with various populations to improve health fitness and quality of life through appropriate screening testing and exercise prescription Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

American Medical Association Complete Guide to Men's Health Angela Perry, M.D., 2008-04-21 Men are often reluctant to discuss issues that are important to their general health and well being This one of a kind guide provides helpful information in an easy to read format on major health concerns including diet and nutrition exercise sexuality and emotional health This guide should help men make better decisions about their health Jeffrey P Koplan M D M P H Director Centers for Disease Control and Prevention CDC Guidelines for staying healthy at any age Overviews of the body s systems and organs heart and lungs reproductive system brain and nervous system urinary system bones and joints and the immune system

Explanations of the major diseases and their treatments including heart disease diabetes high blood pressure cancer drug abuse and depression Sensitive discussions of sexuality and reproduction including sexual dysfunction prostate health stds birth control and age related changes to sex and sexuality Diet and exercise guidelines Dozens of tables boxes and charts on key topics Quick reference format for finding the answers you need **Sport First Aid** Robb S. Rehberg, 2025

Approximately 90 percent of high school student athletes report sustaining an injury while participating in sports With only about one third of high schools in the United States having full time athletic trainers and another third lacking any athletic trainer services you the coach are often the first responder when an injury occurs This reality underscores the importance of providing you with proper training in first aid and injury prevention Such training prepares you to act quickly and appropriately when an athlete is injured or becomes ill ensuring the safety and well being of your student athletes As a current or aspiring high school or club coach you can rely on Sport First Aid Sixth Edition for the information you need to be a capable and confident first responder The sixth edition has been revised and restructured It features an unparalleled author team of experts in athletic training sports medicine exercise science and physiology strength and conditioning and sport coaching It reflects the leading health organizations latest emergency guidelines including those for CPR concussion dehydration and heat illness Tailored specifically to your needs as a coach the text covers causes symptoms and action steps for more than 100 injuries and illnesses In this sixth edition the most common injuries and illnesses are described in greater detail and prioritized so they are easier to reference Additionally flowcharts for over 40 specific injuries and illnesses offer step by step visuals to guide you through the decision making and response process Beyond specific first aid procedures the text provides guidance on understanding your legal duties as a coach assembling an athletic health care team and collaborating with other team members minimizing the risk of injury planning for medical emergencies administering the plan during emergency situations and assessing when and how to move injured and sick athletes An athletic trainer may not always be present at every practice and game As a coach it s crucial to have a basic understanding of first aid and injury prevention Sport First Aid is the most authoritative source for this potentially life saving information It will prepare you to respond appropriately in emergency situations meet your legal obligations as a coach and foster a safe environment for your athletes **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 **Emergency preparedness guide**

,2003 **A citizen guide to disaster preparedness** ,2003 **Speech-Language Pathology Assistants** Jennifer A. Ostergren, Margaret Vento-Wilson, 2022-12-29 The third edition of the bestselling Speech Language Pathology Assistants A Resource Manual is an essential practical and easy to use resource for SLPAs and SLPA educators and their students The text defines the roles of SLPAs and their supervisors offering additional insight into the scope of practice of an SLPA per current American Speech Language Hearing Association ASHA recommendations and includes discussions strategies and examples of real world issues such as using augmentative and alternative communication AAC and working with individuals with autism spectrum disorder ASD Also included within the chapters are important factors and modifications that can enhance the effectiveness of treatment activities For example using behavioral principles and incorporating play literacy and speech sound remediation into treatment or modifying the clinical interface to enhance group therapy dynamics for children and adults Initial chapters are devoted to specific aspects of an SLPA s development such as chapters on ways SLPAs can enhance clinical service through understanding of goals lesson plans data collection and note writing Likewise chapters on professional practice offer insight into ethical problem solving presenting a professional image developing mentoring relationships working with culturally and linguistically diverse populations and the use of self reflection for self improvement These chapters are followed by key principles for SLPAs to incorporate in clinical services provided to specific populations and disorders New to the Third Edition Updated ASHA documents throughout including references to the new ASHA Speech Language Pathology Assistant Scope of Practice 2022 and Speech Language Pathology Code of Conduct 2020 New co author Margaret Vento Wilson brings years of experience in both professional and academic settings and adds a fresh perspective throughout Significant updates to Chapter 11 on using behavioral principles New contributing authors bringing relevant updates in the field of speech language pathology Speech Language Pathology Assistants A Resource Manual Third Edition is a key resource for enhancing skills and highlighting professional practice issues for clinical practicum training or future employment This is a text both SLPAs and SLPA educators will want to have on their bookshelves **Athletic Training Student Primer** Andrew P Winterstein, PhD, Atc, Andrew P. Winterstein, 2009 The Athletic Training Student Primer A Foundation for Success is a dynamic text that supplements the core concepts terminology and educational requirements of athletic training with the combination of academic and clinical education to establish a foundation of knowledge This valuable resource is designed for both prospective and current athletic training students Topics include the history of the National Athletic Trainers Association diversity employment settings emerging trends and educational resources Unlike other introductory athletic training texts much of the information is derived from interviews with a diverse group of professionals This method allows for insight and advice on work environments ethics professional preparation maximizing clinical education opportunities and building a successful career The reader is provided with a multitude of answers to many real life athletic training situations To further facilitate learning an interactive website companion has been developed to complement

the text Through this website you will find a range of helpful features including web resources pertaining to the corresponding chapter topics flash cards teaching important concepts and quizzes testing the knowledge presented The Athletic Training Student Primer A Foundation for Success effectively blends the core concepts in athletic training with guidance on the human elements of the profession to provide a springboard for future study *Illustrated Manual of Nursing Practice*, 2002 Completely revised and updated this broad yet comprehensive edition contains twenty nine chapters on nursing issues and clinical practice Topics cover practice and process documentation legal issues health promotion physical assessment I V therapy surgical care and more Disorders are organized by body system and feature an overview of anatomy and physiology assessment diagnostic tests medication treatment and home care with coverage of care for maternal neonatal pediatric geriatric emergency and psychiatric patients Added features include grabbing nursing procedure graphics complementary therapies clinical pathways and cultural information Over 1 000 illustrations charts and graphs enhance the text with a new appendix relating Internet sites for nurses *New Jersey Register*, 2014 *Personnel Management for Sport Directors* Timothy E. Flannery, Michael L. Swank, 1999 If you handle any aspect of hiring maintaining or managing staff this resource can save you hours of frustration Authored by two of the nation s premier athletic administrators *Personnel Management for Sport Directors* shows you how to develop your leadership people and management skills to bring out the best in the people you work with You ll learn to help your student athletes parents coaches officials and staff members develop their potential as you master specific techniques for effective interaction including mentoring and educating people communicating clearly resolving conflicts and interviewing and evaluating personnel *Construction Hazardous Materials Compliance Guide* R. Dodge Woodson, 2012-02-24 Disturbing asbestos materials during construction is a serious hazard that all contractors may encounter Because of the insidious nature of the material as a health hazard EPA regulations require that even when a structure is to be completely demolished asbestos and all other hazardous materials must be removed by a qualified contractor prior to general demolition A construction contractor contemplating abatement work needs to ascertain regulatory applicability under one of the following OSHA approved state program Federal OSHA regulations applicable to the private sector and certain federal employees or OSHA approved *Construction Worksite Compliance Guide to Asbestos* provides the contractors building owners and inspectors with the current best management practices for asbestos removal and disposal methods Packed with checklist tables and quick lookup materials this manual provides a step by step approach for identifying asbestos complying with OSHA and EPA regulations as well as the safe disposal of asbestos Ascertain the presence of asbestos through testing Prepare the abatement plan Submit the plan to the state EPA or local municipality having jurisdiction Proper Waste Disposal techniques Scope of work **Senior Living Communities** Benjamin W. Pearce, 2007-12-10 The demand for residential communities for seniors rises as the U S population continues to age This growth means that new administrators and staff members often are learning by trial and error the complicated task of

delivering high quality and consistent services to elderly persons While many new facilities have been successful others have been plagued by a variety of administrative and financial difficulties Senior Living Communities remains the definitive guide to managing these facilities In this thoroughly updated and revised edition Benjamin W Pearce offers a wealth of sound advice and practical solutions He discusses resident relations operating methods staffing ratios department management cost containment sales and marketing strategies techniques of financial analysis budgeting and human resources New chapters address issues particular to dementia care and architecture and the appendix contains a department by department audit of senior living operations From the front lines to the boardroom this book should be a part of every decision making process for improving and maintaining assisted living congregate and continuing care retirement communities **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), *The Academy Guide* Bill Langan,Matthew Thomas,Shannon Langan,Sabrina Reid ,2014-04-14 Welcome to The Academy Guide where we will help guide you from application through graduation and everything in between Begin a career in the honorable and rewarding lifestyle of law enforcement corrections detention or firefighting Public Safety agencies require top candidates to fill their ranks Therefore the hiring process can be very lengthy and sometimes difficult The key to achieving your goal and success is to maximize your opportunity to be at the top of the agency hiring list The Academy Guide will provide you the tools to success Our methods and step by step guide has been developed by subject matter experts who specialize in and have years of experience within the job field in which you seek employment The Academy Guide has developed quality content in a format which will engage readers empower them and inspire them We will provide you with information on how to maximize your chances in an increasingly competitive job market Here are some topics you can expect to learn In our Road to the Academy section our subject matter experts will guide you through some of the common mistakes people make during the hiring process as well as provide you with tried and proven techniques to make you stand out from the other top candidates Application Written Examination Oral Board Physical Fitness Test Background Check Medical Examination Psychological Examination Polygraph CVSA and Assessment Centers The Academy Day Zero section will provide you with an edge to succeed from day one at the academy Our team of Academy Instructors and Directors have years of experience and the knowledge it takes to succeed College Curriculum Academy Curriculum Types of Departments Organizations and Rank Inspections and Equipment Drill and Ceremony Academy Inspections Grooming and Dress Uniform Care Boot Shining Turn outs and Gear Note Taking Writing Essays Study Groups Academy Examinations Practical Examinations and Glossary of Terms Keywords Police Corrections Officer Firefighter Academy Test Examination Board Fitness Test Background Check Polygraph **The CDA Prep Guide** Debra Pierce,2014-03-25 Navigating the new Child Development Associate CDA process doesn t have to be difficult This guide provides step by step expert advice [Fundamentals of Athletic Training](#) Lorin Cartwright,William A. Pitney,2011 This work explains concepts in athletic training and presents injuries and illnesses encountered by certified athletic trainers

The book discusses various conditions illnesses and diseases along with information on nutrition and the effects of therapeutic recreational and performance enhancing drug use

Guidelines for Practice Success: Managing Professional Risks American Dental Association,2019-04-01 Managing risks in a dental practice is something that practitioners do every day whether they are aware of it or not Developed by leaders in the field of dental practice management these guidelines are based on time tested best practices of risk management to help dentists protect themselves and their practices Covers managing professional risks from a clinical standpoint dealing with patient records charting and documentation in a secure way how to find a legal advisor discussing the dental team s role in risk management transitions and other changes

[Athletic Training Student Primer](#) Andrew P. Winterstein,2024-06-01 Athletic Training Student Primer A Foundation for Success Third Edition is a dynamic text that provides students with a foundation upon which they can build their athletic training knowledge and develop an authentic understanding of the rewards and challenges of the athletic training profession The Third Edition of Athletic Training Student Primer A Foundation for Success by Andrew P Winterstein builds upon previous editions in providing a mix of foundational athletic training knowledge coupled with human interest information to help guide students in their decision making process when contemplating a career This Third Edition breaks the mold of other introductory athletic training texts by including answers to many real life athletic training situations The Third Edition is broken into four sections that cover all different aspects of the profession Understanding athletic training Common injuries and conditions Planning prevention and care Preparing for success Further expanding the learning process included with each new textbook purchase is access to a companion website that includes videos a glossary and various web resources Updated Features Include New injury spotlights for the upper and lower extremity and general medical conditions Updated information from athletic training students on keys to success New career spotlights from athletic trainers working in a broad range of career settings Updated information on historic changes in athletic training including the upcoming transition to master s degree for professional preparation Updated web resources Additional resources for instructors Complete redesign of text layout and updated images Athletic Training Student Primer A Foundation for Success Third Edition is a must have for students taking the first step into a career in athletic training

The Event Safety Guide Event Safety Alliance,2014-02-04 The premier safety guidebook for anyone working in the event industry The Event Safety Guide is the United States first published safety guidance directed specifically at the live event industry Culled from existing life safety standards and the insight of top professionals within the event industry The Event Safety Guide compiles the best operational practices currently available in the live event industry in a single easily referenced manual The guide is not a how to book or a complicated set of standards Rather it is intended to help busy industry professionals know what safe workplace practices might be heighten their understanding of the importance of safety in everything they do and apply these best practices in their daily work Designed for field use The Event Safety Guide is categorically organized and written in

straightforward and easily understood language Thirty nine chapters and five appendixes address a broad range of subjects relevant to most events including emergency planning weather preparedness and fire safety as well as specific technical issues such as pyrotechnics rigging and temporary staging Included appendixes provide additional resources including helpful planning checklists and information on the National Incident Management System NIMS Incident Command System ICS All referenced standards are thoroughly cited within the text to ensure readers know precisely where to turn for additional information Whether you re a seasoned veteran or just starting out in the event industry you ll find The Event Safety Guide to be an indispensable reference when planning your next event

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