ADULT CPR

According to European CPR guidelines

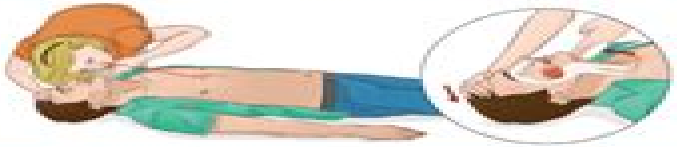
1 Check for consciousness

Gently shake the victim's shoulders and try to make contact

2 Check for breathing and open the airway

Look, listen and feel for breathing no longer than 10 seconds

Normal breathing



3 If no or abnormal breathing – Call 112

Put the phone on speaker mode and do not cancel the call

4 Begin CPR immediately

Alternate between 30 chest compressions and 2 rescue breaths

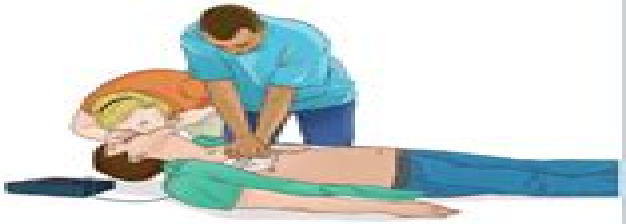
Continue with CPR without disruption until the person breathes normally or emergency personel arrives. Blow until the chest rises. Push down on the chest hard, 100-120 times per minute. Do CPR on a hard surface.

5 If an AED is available

Turn on the AED and attach the pads during CPR

Look closely at the pads images and follow the AED:s instructions

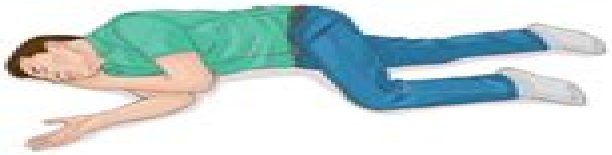
After 2 minutes the AED will pause to analyze the heart rhythm - change the person who does the compressions.



After each analyze cycle continue with CPR for 2 minutes whether you had to give a shock or not.

Put the person in recovery position and call 112

Prevent hypothermia and keep monitoring the breathing



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Howard S. Rowland,Beatrice L. Rowland

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Table of Contents Cheat Sheet For Cpr Instructions

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

- Cheat Sheet For Cpr Instructions Public Domain eBooks
- Cheat Sheet For Cpr Instructions eBook Subscription Services
- Cheat Sheet For Cpr Instructions Budget-Friendly Options

6. Navigating Cheat Sheet For Cpr Instructions eBook Formats
   - ePub, PDF, MOBI, and More
   - Cheat Sheet For Cpr Instructions Compatibility with Devices
   - Cheat Sheet For Cpr Instructions Enhanced eBook Features
7. Enhancing Your Reading Experience
   - Adjustable Fonts and Text Sizes of Cheat Sheet For Cpr Instructions
   - Highlighting and Note-Taking Cheat Sheet For Cpr Instructions
   - Interactive Elements Cheat Sheet For Cpr Instructions
8. Staying Engaged with Cheat Sheet For Cpr Instructions
   - Joining Online Reading Communities
   - Participating in Virtual Book Clubs
   - Following Authors and Publishers Cheat Sheet For Cpr Instructions
9. Balancing eBooks and Physical Books Cheat Sheet For Cpr Instructions
   - Benefits of a Digital Library
   - Creating a Diverse Reading Collection Cheat Sheet For Cpr Instructions
10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
11. Cultivating a Reading Routine Cheat Sheet For Cpr Instructions
    - Setting Reading Goals Cheat Sheet For Cpr Instructions
    - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Cheat Sheet For Cpr Instructions
    - Fact-Checking eBook Content of Cheat Sheet For Cpr Instructions
    - 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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