

# ADULT CPR

According to European CPR guidelines

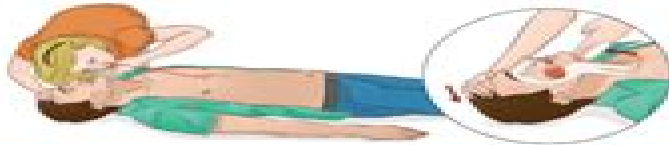
## 1 Check for consciousness

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

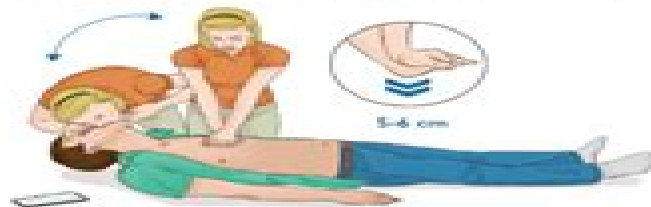
## 3 If no or abnormal breathing - Call 112

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 personnel arrives. Stop 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.

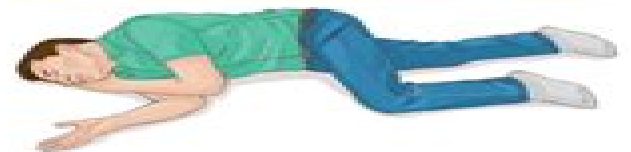
After 2 minutes the AED will pause to analyze the heart rhythm - change the person who does the compressions.



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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There you will find free CPR posters, books and articles regarding CPR. Train your staff in CPR, see how our first aid instructors with real life experience. Learn what to do if somebody chokes, drops or suffers a cardiac arrest.

# New Cpr Guidelines 201

**Kathleen Armour**

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

## **New Cpr Guidelines 201:**

**Advance Care Planning in End of Life Care** Keri Thomas, Ben Lobo, Karen Detering, 2018 ACP is an essential part of end of life care with patients improving their chances of a good death by creating plans with their families and carers This new edition gives a comprehensive overview of ACP explores a wide range of issues and practicalities in providing end of life care and offers a worldwide perspective *Hurst's the Heart, 13th Edition: Two Volume Set* Valentin Fuster, Richard Walsh, Robert A. Harrington, 2011-02-12 The trusted landmark cardiology resource thoroughly updated to reflect the latest clinical perspectives Includes DVD with image bank A Doody's Core Title ESSENTIAL PURCHASE for 2011 5 STAR DOODY'S REVIEW This is an outstanding choice for those who strive for a firm foundation in cardiovascular medicine as well as an up to date and user friendly source that addresses every discipline in the field The updates and enhancements to this edition have made the book easier to use Doody's Review Service Through thirteen editions Hurst's the Heart has always represented the cornerstone of current scholarship in the discipline Cardiologists cardiologists fellows and internists from across the globe have relied on its unmatched authority breadth of coverage and clinical relevance to help optimize patient outcomes The thirteenth edition of Hurst's the Heart continues this standard setting tradition with 19 new chapters and 59 new authors each of whom are internationally recognized as experts in their respective content areas Featuring an enhanced reader friendly design the new edition covers need to know clinical advances as well as issues that are becoming increasingly vital to cardiologists worldwide As in previous editions you will find the most complete overview of cardiology topics available plus a timely new focus on evidence based medicine health outcomes and health quality New Features 1548 full color illustrations and 578 tables Companion DVD with image bank includes key figures and tables from the text The Cardiovascular Disease Past Present and Future section includes a new chapter on assessing and improving quality of care in cardiovascular medicine The section on the scientific foundations of cardiovascular medicine has been thoroughly revised 2 new chapters in the section on the evaluation of the patient detail the process of effective diagnostic decision making based on technology clinical trials and practice guidelines A new chapter in the section on heart failure details cardiac transplantation The sections on primary heart disease include new chapters on topics such as preventive strategies for coronary artery disease and updated pharmacologic strategies for acute coronary syndromes The section on cardiopulmonary disease features new chapters on chronic cor pulmonale and sleep disorder breathing and its relationship to cardiovascular disease The section on valvular heart disease has four of the six chapter completely rewritten by new authors who are authorities in the field The final six sections feature new chapters on the environment and heart disease surgical treatment of carotid and peripheral vascular disease and cost effective strategies in cardiology **The Current Digest of the Soviet Press**, 1981 Practical Prehospital Care E-book Ian Greaves, Keith Porter, Jason Smith, 2016-06-07 defines the specialty of pre hospital medicine editors have extensive experience of both military and civilian pre hospital trauma life support Greaves

and Porter are well known authors amongst the paramedic market updated resuscitation guidelines now in force throughout Europe updated references modern reader friendly page design incorporating text colour market priced non essential material e g history of emergency medicine removed *Index Medicus* ,2001 **The Medical Outcomes & Guidelines Sourcebook** ,1995 **Green Economics** Robin Hahnel,2014-12-18 This book s pluralistic non dogmatic and committed investigation of the values of ecological sustainability economic justice and human dignity provides balanced analysis of environmental problems and their potential solutions *Judgements, Orders, Regulations and Rulings* Canadian Transport Commission,1953 Judgments, Orders, Regulations, and Rulings Canadian Transport Commission. Railway Transport Committee,1962 Judgments, Orders, Regulations, and Rulings Board of Transport Commissioners for Canada,1930 **Cumulated Index Medicus** ,2000 **Emergency** ,1988 *Federal Register* ,1952 **Cumulative Index to Nursing Literature** Cinahl Information Systems Staff,1999 **Kentucky Administrative Regulations Service** ,1994 **Judgements, Orders, Regulations and Rulings** Canadian Transport Commission. Transport Committee,1917 **Dominion Law Reports** ,2003 **Utah State Bulletin** ,1997 the official noticing publication of the executive branch of Utah State Government *2008 Healthcare Standards Official Directory* ECRI Institute Staff,Ecri,2007-12 *Fire Engineering* ,1993

## **New Cpr Guidelines 201** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **New Cpr Guidelines 201**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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