



# FIRST AID STEPS

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 center 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.

# Study Guide For First Aid Practices

**Christian G. Meyer**



## Study Guide For First Aid Practices:

**Study Guide for Essentials for Nursing Practice - E-Book** Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, Patricia Castaldi, 2014-02-28 Master content from your textbook with this helpful study tool Corresponding to the chapters in Basic Nursing 7th Edition this study guide helps you understand and apply material with chapter review questions activities case studies and more Chapter review questions include matching short answer multiple choice and true false questions to provide evaluation and test taking practice Skills performance checklists help you measure your mastery of important nursing procedures Each chapter includes a case study with related questions allowing you to apply what you ve learned Instructions for creating and using study charts assist you in organizing the material and reviewing key concepts Study group questions make it easier for you to review material with your peers **Resources in Education** ,1979

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