



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.

Basic First Aid

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Table of Contents Basic First Aid

1. Understanding the eBook Basic First Aid
 - The Rise of Digital Reading Basic First Aid
 - Advantages of eBooks Over Traditional Books
2. Identifying Basic First Aid
 - 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 Basic First Aid
 - User-Friendly Interface
4. Exploring eBook Recommendations from Basic First Aid
 - Personalized Recommendations
 - Basic First Aid User Reviews and Ratings
 - Basic First Aid and Bestseller Lists

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