



HEARTSAVER® HEA

Know the Signs

- Uncomfortable pressure, squeezing, or pain in the center of the chest that lasts more than a few minutes or comes back.
 - Pain or discomfort in other areas of the body, such as both the arms or back, neck, jaw, or stomach.
 - Shortness of breath with or without chest discomfort.
 - Cold sweat, nausea, or lightheadedness.
- Symptoms may be slightly different for people with diabetes.

Know What to Do

- Make sure the person stays safe. If you are alone, someone should call 9-1-1.
- Ask someone to get the first aid kit and AED.
- Have the person chew and swallow an aspirin, unless they have an aspirin allergy or a provider has told them not to take aspirin.
- If the person becomes unconscious, use the AED.

20-1143 1/21 ISBN 978-1-61669-94



HEARTSAVER® ADULT CPR AED



1. Tap and shout.
2. Shout for help. Phone or send someone to phone 9-1-1 and get an AED.
3. Look for no breathing or only gasping.
4. Push hard and fast in the center of the chest at a rate of 100 to 120 compressions per minute. Give 30 compressions.
5. Open the airway and give 2 breaths.
6. Repeat sets of 30 compressions and 2 breaths.
7. When the AED arrives, use it immediately. Turn it on and follow the prompts.

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B Lingard



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Enjoying the Tune of Appearance: An Emotional Symphony within **Aha 2013 Cpr Study Guide**

In a global eaten by displays and the ceaseless chatter of instant transmission, the melodic beauty and mental symphony produced by the prepared term usually fade in to the back ground, eclipsed by the constant noise and distractions that permeate our lives. Nevertheless, nestled within the pages of **Aha 2013 Cpr Study Guide** a stunning literary value full of natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths of the moving examination, we shall investigate the book is central harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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