



American
Heart
Association.

CPR Guide

HANDS-ONLY CPR VS. CPR WITH BREATHS

HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN
THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

Will not meet requirements if you need CPR for your job.

CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

Often necessary for people who need CPR training for work.

HOW DOES IT WORK?

Chest compressions are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

WHO CAN I USE IT ON?

Adult and teens.

Anyone who is in cardiac arrest, including: adults and teens, infants and children, and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

HOW DO I LEARN?

Go to **heart.org/handsonlycpr** to learn the steps of Hands-Only CPR.

Go to **heart.org/cpr** and click on FIND A COURSE to find a class online or near you.

Aha Cpr Test Answers

R Pring



Aha Cpr Test Answers:

Enjoying the Melody of Phrase: An Mental Symphony within **Aha Cpr Test Answers**

In a global taken by screens and the ceaseless chatter of instantaneous interaction, the melodic beauty and emotional symphony created by the published term usually disappear into the back ground, eclipsed by the constant noise and interruptions that permeate our lives. However, set within the pages of **Aha Cpr Test Answers** a wonderful fictional treasure brimming with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that interesting masterpiece conducts readers on a psychological journey, well unraveling the hidden melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of this touching assessment, we shall discover the book is central harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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