



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

A Loxley



Basic First Aid:

The book delves into Basic First Aid. Basic First Aid is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Basic First Aid, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Basic First Aid
- Chapter 2: Essential Elements of Basic First Aid
- Chapter 3: Basic First Aid in Everyday Life
- Chapter 4: Basic First Aid in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Basic First Aid. This chapter will explore what Basic First Aid is, why Basic First Aid is vital, and how to effectively learn about Basic First Aid.
3. In chapter 2, the author will delve into the foundational concepts of Basic First Aid. The second chapter will elucidate the essential principles that need to be understood to grasp Basic First Aid in its entirety.
4. In chapter 3, the author will examine the practical applications of Basic First Aid in daily life. The third chapter will showcase real-world examples of how Basic First Aid can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Basic First Aid in specific contexts. This chapter will explore how Basic First Aid is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Basic First Aid. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Basic First Aid.

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Basic First Aid Introduction

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