



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

Zhe Xu



Basic First Aid:

Whispering the Strategies of Language: An Mental Journey through **Basic First Aid**

In a digitally-driven world wherever screens reign great and immediate communication drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases often get unheard. Yet, situated within the pages of **Basic First Aid** a charming literary value pulsating with fresh thoughts, lies an exceptional quest waiting to be undertaken. Penned by an experienced wordsmith, that enchanting opus encourages viewers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very material of each word. Within the emotional depths of this emotional evaluation, we shall embark upon a genuine exploration of the book is key styles, dissect its interesting writing model, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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