



FIRST AID

Check ✓

CHECK THE AIRWAY:

If the person is unresponsive, tilt the head back and lift the chin to open the airway.

CHECK BREATHING:

Check for normal breathing. Someone who can speak or cry is breathing.

CHECK CIRCULATION:

Look from head to toe for deadly bleeding and signs of shock. If the person is unconscious, is breathing, and has no obvious injuries, roll the person onto his or her side and wait for help.

CPR / AED ✓ ☎ +

Call EMS/911

Check breathing

Tilt their head backwards and look and feel for breaths.

Check breathing

Tilt their head backwards and look and feel for breaths.

Open the airway

by tilting the head back and lifting the chin. Pinch their nostrils closed and give 2 breaths.

Continue the cycle

of 30 compressions and 2 breaths until an AED arrives or more advanced care takes over.

Heart Attack ✓ ☎ +

Symptoms of a heart attack include persistent chest pain, or isolated unexplained discomfort in arms, neck, jaw, back or stomach. Call EMS/911 if person is experiencing these symptoms.

Have the person chew 1 regular strength or 2 low dose ASA tablets. NOTE: Aspirin is a brand name.

Make sure they are in a comfortable position for them e.g. sitting on chair or floor and leaning against a wall. Give them constant reassurance while waiting for an ambulance.

Parents Guide To First Aid

A Gutmann



Parents Guide To First Aid:

Parents Guide To First Aid: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Parents Guide To First Aid : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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