CPR Steps: DRS ABC

D: Check for danger

R: Check for response

S: Send for help



After checking for danger, check for a response



Send for help

A: Check airways

B: Check breathing

C: CPR

D: Defibrillator



Check airways and breathing





Start CPR, with 30 chest compressions followed by two mouth-to-mouth breaths







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Joanne Langan

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Step-by-Step Guide to Effective Job Hunting & Career Preparedness Susan Henneberg, 2014-07-15 This plain speaking guide provides teens with specific measures for finding a job and preparing for a career It gives them the tools to identify their skills and interests and set job search goals use resources including social media stay organized complete job applications compile a resume and cover letter interview and follow up promote themselves and parlay job hunting experience toward new goals that can be used throughout their lives Other topics examined are considering a job offer and accepting it growing on the job time management taking responsibility working as a team and earning a postsecondary Common Core CPR ReLeah Cossett Lent, Barry Gilmore, 2013-09-19 How to revive your most resistant learners degree Common Core CPR is needed Urgently Because if we continue to insist that all students meet expectations that are well beyond their abilities these kids will only decline faster We must cast aside what we know harms students and apply the teaching methods we know work Embracing what is best about the standards Lent and Gilmore explicitly connect ideal outcomes to practical classroom strategies including how to Consider choice and relevance in every assignment Plan and spot opportunities for success Scaffold students comprehension of fiction and nonfiction Model close reading Teach students to use evidence Preparing Nurses for Disaster Management - E-Book Joanne Langan, 2022-02-15 Learn how to plan for and respond to disasters Preparing Nurses for Disaster Management A Global Perspective helps you build the skills you need to prepare for respond to and recover from emergency situations efficiently and effectively It includes the personal stories of nurses who have experienced disasters describing the specific incident the response what worked or didn t work and the lessons learned Case studies show how to apply international response guidelines in providing care for those in need Written by Joanne Langan an internationally known expert in disaster preparedness this reference will help you feel more confident in handling the aftermath of both natural and man made disasters Coverage of disaster management includes the stages of disaster response nursing roles and personal case studies of actual disasters and public health emergencies around the world e g natural disasters global earthquakes radiation disasters chemical disasters biologic or infectious disease outbreaks and man made disasters Actual Disasters unit provides a description of each event preparedness response recovery personal preparedness equipment legal and ethical issues special considerations and lessons learned Tabletop exercises and drills allow organizations and institutions to assess their readiness determine community vulnerabilities and prepare appropriate responses to disaster events such as an active shooter cyberattacks and the grid power going down Case studies help you learn to apply concepts to practice User friendly content includes definitions of key terms and the role expectations for different nurse specialties and levels Discussions of International Council of Nurses Core Competencies in Disaster Nursing use this benchmark as an outline for effective nursing practice before during and after disasters Reviews of psychiatric mental health issues discuss interventions to improve mental health following disasters Expert contributors share

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In Training for Catastrophe author Lindsay Thomas shows how our security regime reimagines plausibility to focus on unlikely and even unreal events rather than probable ones With an in depth focus on preparedness a pivotal emergent national security paradigm since 9 11 she explores how fiction shapes national security Thomas finds fiction at work in unexpected settings from policy documents and workplace training manuals to comics and video games Through these texts as well as plenty of science fiction she examines the philosophy of preparedness interrogating the roots of why it asks us to treat explicitly fictional events as real Thomas connects this philosophical underpinning to how preparedness plays out in contemporary politics emphasizing how it uses aesthetic elements like realism genre character and plot to train people both to regard some disasters as normal and to ignore others Training for Catastrophe makes an important case for how these documents elicit consent and compliance Thomas draws from a huge archive of texts including a Centers for Disease Control comic about a zombie apocalypse the work of Audre Lorde and the political thrillers of former national security advisor Richard Clarke to ask difficult questions about the uses and values of fiction A major statement on how national security intrudes into questions of art and life Training for Catastrophe is a timely intervention into how we confront disasters

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