

Summary of High-Quality CPR Components for BLS Providers



Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	If a mobile device is available, phone emergency services (9-1-1)		
	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	1 rescuer 2 fingers or 2 thumbs in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb—encircling hands in the center of the chest, just below the nipple line If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

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David Hosmer



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are car enthusiasts and are mechanically inclined dream of a career in automotive care and service This work is essential and incredibly valuable since so few know how to do it As the nation has again begun to embrace the opportunities offered by trade schools and vocational education the time is again ripe to encourage mechanically skilled teens to pursue this career path This guide describes the wide range of jobs and specializations in the field including small and large engines diesel auto body repair glass repair and auto service managers It also describes the skills education and training necessary including the new computer skills required for increasingly high tech diagnostic tools and cars and their operating systems Helpful tips regarding job search and interview strategies customer service and lifelong learning and skills training are shared This career guide also conforms to the career preparedness standards of the Common Core Curriculum regarding the reading of informational text

Does Collective Impact Work? Frank Ridzi, Margaret Doughty, 2017-10-04 The book seeks to demonstrate the ways in which collective impact approaches have guided the development of literacy coalitions over time Since community collaboration strategies developed to address social issues coalitions have grown from small networking organizations to powerful forces for change The history of literacy coalitions offers a timeline outlining the why who what where when and how of communities that were influenced by social and political changes and the ways coalitions responded and thrived The lack of literacy has held back economic development in the US and coalitions shine a light on issues associated with illiteracy and low school achievement Not all coalitions succeed and the book explores models of success funding strategies evaluation and impact The goal is to assist those developing coalitions by providing not only lessons learned but a blueprint for success

The Manager's Guide to Employee Development David Hosmer, 2014-07-18 As managers we are expected to hold career and professional development discussions with our employees although many of us feel ill equipped for these conversations Are you unsure how or where to begin with your employees development Perhaps you want to brush up on how to create more meaningful development plans This TD at Work is a primer intended for managers human resources professionals and others It is a practical go to guide that will explain why career development is important to the organization employee and manager who is responsible for specific aspects of the employee development process how to facilitate the employee development process the characteristics of a strong individual development process how to lead successful development discussions

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web bubbles and breathing once your child has mastered kicking teach them to blow bubbles in the water you can even do this in the bath at home ask them to hold their breath and place their mouth in the water gradually moving to the mouth and nose together many children may get flustered with this lesson

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web even then it s important to be aware of the risks for example a baby may easily swallow too much water which could lead to water poisoning or have trouble adjusting to the cold temperatures in the pool and in rare cases experience hypothermia for children ages 1 to 4 seek parent and child aquatics programs many local community centers

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web the course guides parents giving them tools to teach their child step by step in an easy to follow method anyone can use the star technique to teach their child how to swim with the added benefit of having a meaningful parent child bonding experience your child will gain the skills he or she needs to swim with confidence from basic water

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