

Heartsaver® Adult CPR AED



American
Heart
Association®
Life is why™



Tap and shout.



Shout for help. Send someone to phone 9-1-1 and get an AED.



Look for no breathing or only gasping.



Push hard and fast.
Give 30 compressions.*
Open the airway and
give 2 breaths.



Repeat sets of 30 compressions
and 2 breaths.



When the AED arrives, turn it on
and follow the prompts.

- * Push down at least 2 inches
- * Give 100 to 120 compressions per minute
- * Let the chest come back up to its normal position
- * Try not to interrupt compressions for more than a few seconds

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Table of Contents Heartsaver Cpr Guide 2013

1. Understanding the eBook Heartsaver Cpr Guide 2013
 - The Rise of Digital Reading Heartsaver Cpr Guide 2013
 - Advantages of eBooks Over Traditional Books
2. Identifying Heartsaver Cpr Guide 2013
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Heartsaver Cpr Guide 2013
 - User-Friendly Interface
4. Exploring eBook Recommendations from Heartsaver Cpr Guide 2013
 - Personalized Recommendations
 - Heartsaver Cpr Guide 2013 User Reviews and Ratings
 - Heartsaver Cpr Guide 2013 and Bestseller Lists
5. Accessing Heartsaver Cpr Guide 2013 Free and Paid eBooks
 - Heartsaver Cpr Guide 2013 Public Domain eBooks

- Heartsaver Cpr Guide 2013 eBook Subscription Services
- Heartsaver Cpr Guide 2013 Budget-Friendly Options
- 6. Navigating Heartsaver Cpr Guide 2013 eBook Formats
 - ePub, PDF, MOBI, and More
 - Heartsaver Cpr Guide 2013 Compatibility with Devices
 - Heartsaver Cpr Guide 2013 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Heartsaver Cpr Guide 2013
 - Highlighting and Note-Taking Heartsaver Cpr Guide 2013
 - Interactive Elements Heartsaver Cpr Guide 2013
- 8. Staying Engaged with Heartsaver Cpr Guide 2013
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Heartsaver Cpr Guide 2013
- 9. Balancing eBooks and Physical Books Heartsaver Cpr Guide 2013
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Heartsaver Cpr Guide 2013
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Heartsaver Cpr Guide 2013
 - Setting Reading Goals Heartsaver Cpr Guide 2013
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Heartsaver Cpr Guide 2013
 - Fact-Checking eBook Content of Heartsaver Cpr Guide 2013
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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