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Primary Check Steps 1. Survey Scene 2. Gloves Check for response Activate EAP (911/Trauma Bag) Check pulse and breathing If there is a pulse but no breathing: Go into AR (Rescue breathing) If there is no pulse or breathing: CPR AR breathing for an adult 1 breath every 5 seconds; 24 total (2 minutes) AR breathing for a child/infant 1 breath every 3 seconds; 40 total (2 minutes) AR Steps: Open airway Breaths (every 5 sec adult, every 3 sec child/infant) 3. Visible chest rise 4. 2 minutes Reassess after 2 mins - Check pulse and breathing CPR for adults: How many? How long? How deep? Rate? 30 compressions, 2 breathes Forever 2-2.4 inches 110 Compressions/min. CPR for kids/infants: How many? (Team v. single) depth? Single = 30 compressions, 2 breathes Team = 15 compressions, 2 breathes 1/3 chest depth When the chest stops rising readjust and try 1 more breath (first times you, second time is them) then proceed to FBAO FBAO = Foreign Body Airway Obstruction FBAO steps

Ellis Lifeguard Study Guide

Sabine Zange



Decoding Ellis Lifeguard Study Guide: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "Ellis Lifeguard Study Guide," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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