

# Cpr First Aid Pocket Guide

Be Prepared for an Emergency: Learn CPR. Save a Life. What is CPR? CPR - or Cardiopulmonary Resuscitation - is an emergency lifesaving procedure performed when the heart stops beating. CPR, ... Learn how to do CPR in 7 steps from the American Red Cross. Sign up for an in-person and/or online CPR class to be prepared for moments that matter. Our online CPR and First-Aid certification course covers CPR (Adult / Pediatrics), how to use an Automated External Defibrillator and teaches the proper application of First-Aid. Jan 9, 2026 · Cardiopulmonary resuscitation (CPR) is an emergency procedure that helps to keep a person's blood flowing until healthcare professionals can help them. People without first aid training ... CPR stands for c ardio p ulmonary r esuscitation. It's an emergency procedure that can save your life if you're in cardiac arrest. This means your heart stops beating and can't pump blood out to your body. ... Cardiopulmonary resuscitation (CPR) is an emergency treatment that's done when someone's breathing or heartbeat has stopped. For example, when someone has sudden cardiac arrest or nearly drowns. ... Award-winning and industry leading courses designed to empower you with the most comprehensive life-saving techniques and skills. CPR, or cardiopulmonary resuscitation, is a combination of chest compressions and mouth-to-mouth. Here are the 7 basic steps of CPR in the correct order. Cardiopulmonary resuscitation (CPR) is an emergency procedure used during cardiac or respiratory arrest that involves chest compressions, often combined with artificial ventilation, to preserve brain ... Get certified fast with online CPR, BLS, ACLS & PALS classes + a 30-min in-person test. 100% pass rate & instant AHA eCard. Easy, fast, done. Register today!

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**Cardiopulmonary resuscitation (CPR): First aid - Mayo Clinic**  
**Online CPR Certification - \$12.95, First Aid, BBP, BLS, Renewal - HCP**

*American Heart Association CPR and First Aid  
How to perform CPR: Guidelines, procedure, and ratio  
[Cardiopulmonary resuscitation - Wikipedia](#)*

**What Are the 7 Steps of CPR in Order? - MedicineNet**

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