

# CPR/First Aid Resource Sheet

## Hybrid

<p><b>General Resources:</b></p> <p><a href="https://quizlet.com/31190882/hosa-cprfirst-aid-flash-cards/">https://quizlet.com/31190882/hosa-cprfirst-aid-flash-cards/</a></p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=vqflU9CVbNI">https://www.youtube.com/watch?v=vqflU9CVbNI</a></p>	<p><b>General Resources:</b></p> <p><a href="https://quizlet.com/169642599/hosa-cprfirst-aid-1-flash-cards/">https://quizlet.com/169642599/hosa-cprfirst-aid-1-flash-cards/</a></p> <p><a href="https://quizlet.com/21700306/heart-saver-first-aid-and-cpr-aed-flash-cards/">https://quizlet.com/21700306/heart-saver-first-aid-and-cpr-aed-flash-cards/</a></p> <p><a href="https://quizlet.com/118972760/cpr-first-aid-review-hosa-flash-cards/">https://quizlet.com/118972760/cpr-first-aid-review-hosa-flash-cards/</a></p>
<p><b><u>Anatomy and Physiology (15%)</u></b></p> <p><a href="http://www.life1st.com/files/AnatomyPhysiologyUnderstandingCPR.pdf">http://www.life1st.com/files/AnatomyPhysiologyUnderstandingCPR.pdf*</a></p> <p><a href="https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/nursing_students/LN_human_anat_final.pdf">https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/nursing_students/LN_human_anat_final.pdf*</a></p> <p><a href="https://nurseslabs.com/category/nursing-notes/anatomy-physiology/*">https://nurseslabs.com/category/nursing-notes/anatomy-physiology/*</a></p> <p><a href="https://quizlet.com/12600953/nursing-anatomy-physiology-flash-cards/">https://quizlet.com/12600953/nursing-anatomy-physiology-flash-cards/</a></p> <p><a href="https://quizlet.com/76991258/anatomy-and-physiology-basics-flash-cards/">https://quizlet.com/76991258/anatomy-and-physiology-basics-flash-cards/</a></p> <p><a href="https://quizlet.com/77716854/physiology-of-cpr-flash-cards/*">https://quizlet.com/77716854/physiology-of-cpr-flash-cards/*</a></p> <p><b>Video:</b> <a href="https://www.youtube.com/playlist?list=PL8dPuuaLjXtOAKed_MxxWBNaPno5h3Zs8">https://www.youtube.com/playlist?list=PL8dPuuaLjXtOAKed_MxxWBNaPno5h3Zs8</a></p>	<p><b><u>Mouth-to-Mouth/Rescue Breathing</u></b></p> <p><a href="https://www.mayoclinic.org/first-aid/first-aid-cpr/basics/art-20056600#:~:text=With%20the%20airway%20open%20(using,see%20if%20the%20chest%20rises.">https://www.mayoclinic.org/first-aid/first-aid-cpr/basics/art-20056600#:~:text=With%20the%20airway%20open%20(using,see%20if%20the%20chest%20rises.</a></p> <p><a href="https://www.healthline.com/health/first-aid/cpr#cpr-and-aed-training*">https://www.healthline.com/health/first-aid/cpr#cpr-and-aed-training*</a></p> <p><a href="https://tinyurl.com/y32xj727*">https://tinyurl.com/y32xj727*</a></p> <p><a href="https://quizlet.com/79714741/rescue-breathing-cpr-and-choking-flash-cards/">https://quizlet.com/79714741/rescue-breathing-cpr-and-choking-flash-cards/</a></p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=zTMiHTI4Axc">https://www.youtube.com/watch?v=zTMiHTI4Axc</a></p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=wUJ-BIEY7H0">https://www.youtube.com/watch?v=wUJ-BIEY7H0</a></p> <p><b><u>Relief of Choking</u></b></p> <p><a href="https://nhcps.com/lesson/relief-of-choking-for-adults-children-infants/*">https://nhcps.com/lesson/relief-of-choking-for-adults-children-infants/*</a></p>

## **Basic Life Support (40%)**

### **General Concepts**

<https://nhcps.com/lesson/acls-bls-for-adults/>

[https://nhcps.com/lesson/general-concepts-basic-life-support/\\*](https://nhcps.com/lesson/general-concepts-basic-life-support/*)

<https://quizlet.com/201004774/basic-life-support-general-concepts-flash-cards/>

**Video:** <https://www.youtube.com/watch?v=SOBXZRkiLpU>

### **BLS/CPR for Adults, Children and Infants**

<https://www.acls.net/bls-pediatric-algorithm.htm#:~:text=High%20quality%20compressions%20in%20CPR,should%20be%20complete%20between%20compressions.>

[https://www.ahajournals.org/doi/10.1161/circ.102.suppl\\_1.1-253\\*](https://www.ahajournals.org/doi/10.1161/circ.102.suppl_1.1-253*)

<https://www.aed.com/blog/what-are-the-differences-between-infant-child-and-adult-cpr/>

[https://www.enrollware.com/sitefiles/cpr3g/CLASSES/BLS-CPR/BLS\\_2015\\_Guideline\\_Updates-CPR3g.com.pdf\\*](https://www.enrollware.com/sitefiles/cpr3g/CLASSES/BLS-CPR/BLS_2015_Guideline_Updates-CPR3g.com.pdf*)

[https://quizlet.com/131011057/bls-cpr-for-adults-children-infants-flash-cards/\\*](https://quizlet.com/131011057/bls-cpr-for-adults-children-infants-flash-cards/*)

**Video:** <https://www.youtube.com/watch?v=PJbJ5lFvtlg>

**Video:** <https://www.youtube.com/watch?v=OaSovqEimyA>

## **Relief of Choking cont.**

<https://tinyurl.com/yxghs2nz>

[https://www.redcross.org/content/dam/redcross/atg/PDF\\_s/ConsciousChokingPoster\\_EN.pdf\\*](https://www.redcross.org/content/dam/redcross/atg/PDF_s/ConsciousChokingPoster_EN.pdf*)

<https://quizlet.com/423457465/module-10-relief-of-choking-flash-cards/>

**Video:** <https://www.youtube.com/watch?v=r9UnXLsfv4I>

**Video:** <https://www.youtube.com/watch?v=XOTbjDGZ7wg>

## **First Aid (45%)**

### **Basics**

<https://unchartedsupplyco.com/blogs/news/basic-first-aid>

[https://nhcps.com/lesson/cpr-first-aid-first-aid-basics/\\*](https://nhcps.com/lesson/cpr-first-aid-first-aid-basics/*)

<https://quizlet.com/33130824/part-1-first-aid-basics-flash-cards/>

**Video:** <https://www.youtube.com/watch?v=qahukkDYFbk>

**Video:** <https://www.youtube.com/watch?v=2ynlaWUwMsA>

### **Medical Emergencies**

<https://www.guideone.com/my-account/download-safety-national-document/A1001001A17J16B15723A08739>

[http://pchs.psd202.org/documents/mopsal/1539703875.pdf\\*](http://pchs.psd202.org/documents/mopsal/1539703875.pdf*)

[https://quizlet.com/80768925/ch-23-medical-emergencies-and-first-aid-flash-cards/\\*](https://quizlet.com/80768925/ch-23-medical-emergencies-and-first-aid-flash-cards/*)

**AED for Adults, Children and Infants**

[https://nhcps.com/lesson/bls-automated-external-defibrillator-aed-infants-children/#:~:text=An%20AED%20can%20be%20used,pediatric%20pads%20are%20not%20available.\\*](https://nhcps.com/lesson/bls-automated-external-defibrillator-aed-infants-children/#:~:text=An%20AED%20can%20be%20used,pediatric%20pads%20are%20not%20available.*)

<https://www.emssafety.com/how-to/aed-101/>

<https://www.registerednurses.com/how-to-use-an-a-e-d-in-cpr-on-an-adult-child-automated-external-defibrillator/>

[https://nhcps.com/lesson/cpr-first-aid-aed-choking-adults/\\*](https://nhcps.com/lesson/cpr-first-aid-aed-choking-adults/*)

[https://quizlet.com/462068019/cpr-and-aed-adult-child-and-infant-flash-cards/\\*](https://quizlet.com/462068019/cpr-and-aed-adult-child-and-infant-flash-cards/*)

**Video:** <https://www.youtube.com/watch?v=jlnRkit-mFw>

**Video:** <https://www.youtube.com/watch?v=ynTpY5iBK4g>

**CPR with Advanced Airway**

[https://nhcps.com/lesson/acls-advanced-airway-adjuncts/\\*](https://nhcps.com/lesson/acls-advanced-airway-adjuncts/*)

<https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.105.166556>

**Video:** <https://www.youtube.com/watch?v=rm-mFnH5xTo>

**Video:** <https://www.youtube.com/watch?v=aY7mLYE9J7o>

**Medical Emergencies cont.**

**Video:** <https://www.youtube.com/watch?v=IH3Th8KpA0w>

**Injury Emergencies**

<https://www.nhsinform.scot/tests-and-treatments/emergencies/first-aid>

[http://neuron.mefst.hr/docs/katedre/klinicke\\_vjestine/Dr%20Lojpurr%20FIRST%20AID%20TO%20THE%20INJURED.pdf\\*](http://neuron.mefst.hr/docs/katedre/klinicke_vjestine/Dr%20Lojpurr%20FIRST%20AID%20TO%20THE%20INJURED.pdf*)

<https://www.merckmanuals.com/home/injuries-and-poisoning/first-aid/emergency-first-aid-priorities>

[https://quizlet.com/218266055/part-3-injury-emergencies-flash-cards/\\*](https://quizlet.com/218266055/part-3-injury-emergencies-flash-cards/*)

**Video:** <https://www.youtube.com/watch?v=-m1qK5D0xZk>

**Environmental Emergencies**

<https://tinyurl.com/y5r6z8w8>

[https://quizlet.com/181130563/first-aid-environmental-emergencies-flash-cards/\\*](https://quizlet.com/181130563/first-aid-environmental-emergencies-flash-cards/*)

[http://samples.jbpub.com/9781449637774/onlinechapters/17\\_Environmental%20Emergencies.pdf\\*](http://samples.jbpub.com/9781449637774/onlinechapters/17_Environmental%20Emergencies.pdf*)

**Video:** <https://www.youtube.com/watch?v=CelRpX7stOU>

**Video:** <https://www.youtube.com/watch?v=-1UmBDFi-Pg>