

Is It Danger or Discomfort?

Check for these survival basics. Are they:

- 10-20 breaths/min.
- 50-120 beats/min.
- Pink, Warm, & Dry skin tone
- Responsive to rousing techniques

If not, or in doubt: call for medical, clear airways of obstructions, & place in recovery position.



CPR rhythm if no heartbeat: 30 chest compressions for every 2 rescue breaths to rhythm of "Staying Alive" until help arrives.

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Difficult is not necessarily the same as bad.
If someone is experiencing a psycho-emotional crisis, remember the following:

- ❖ Avoid negative framing of the experience.
- ❖ Be: Calm, Patient, Kind, Non-judgmental
- ❖ Sitting, Not Guiding:
- ❖ You are their anchor, not the steering wheel.
- ❖ The only way out is through:
- ❖ Talk through, not down.
- ❖ Be noninvasive and unattached to the outcome.
- ❖ Breathing!

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