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BY ALICE BERMAN

From *Skater's Edge*, the world's leading "how-to" skating magazine

# Skaters Edge Sourcebook Ice Skating Resource Guide

**Patrick Vollmar**



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web open the airway tilt head lift chin check for breathing check for no more than 10 seconds occasional gasps are not breathing quickly scan for severe bleeding if there is no breathing perform cpr or use an aed if an aed is immediately available see panels 4 and 5

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