



Free Life Saving Tips

Please Take One

Free Life Saving Tips



Watch Us On



The Video Guide to Recipes & Restaurants

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WEIGHTS & MEASURES



LIFE SAVING TIPS

1 tablespoon (tbsp) =	3 teaspoons (tsp)
¹ / ₁₆ cup =	1 tablespoon
¹ / ₈ cup =	2 tablespoons
¹ / ₆ cup =	2 tablespoons + 2 teaspn
¹ / ₄ cup =	4 tablespoons
¹ / ₃ cup =	5 tablespoons + 1 teaspn
³ / ₈ cup =	6 tablespoons
¹ / ₂ cup =	8 tablespoons
² / ₃ cup =	10 tablespoons + 2 teaspn
³ / ₄ cup =	12 tablespoons
1 cup =	48 teaspoons
1 cup =	16 tablespoons
8 fluid ounces (fl oz) =	1 cup
1 pint (pt) =	2 cups
1 quart (qt) =	2 pints
4 cups =	1 quart
1 gallon (gal) =	4 quarts
16 ounces (oz) =	1 pound (lb)
1 milliliter (ml) =	1 cubic centimeter (cc)
1 inch (in) =	2.54 centimeters (cm)

The Heimlich Maneuver Video →



U.S. to Metric	
Capacity	Weight
¹ / ₅ teaspoon = 1 milliliter	1 oz = 28 grams
1 teaspoon = 5 ml	1 pound = 454 grams
1 tablespoon = 15 ml	
1 fluid oz = 30 ml	
¹ / ₅ cup = 47 ml	
1 cup = 237 ml	
2 cups (1 pint) = 473 ml	
4 cups (1 quart) = .95 liter	
4 quarts (1 gal.) = 3.8 liter	
Metric to U.S.	
Capacity	Weight
1 milliliter = ¹ / ₅ teaspn	1 gram = .035 oz
5 ml = 1 teaspoon	100 grams = 3.5 oz
15 ml = 1 tablespoon	500 grams = 1.10 lbs
100 ml = 3.4 fluid oz	1 kilogram = 2.205 lbs
240 ml = 1 cup	
1 liter = 34 fluid oz	

The Hands-Only CPR Video →



Simplifying to hands-only CPR

Experts now believe an adult who suddenly collapses due to cardiac arrest has enough air in his lungs and blood during CPR and doesn't need mouth-to-mouth breathing.

If you see someone collapse ...

... have someone call 911.

Position unresponsive adult.

Use an automated external defibrillator if available. Keep CPR interruptions to a minimum.



Begin hands-only CPR with straight arms and forceful compressions at about 100 a minute.

Lift hands slightly after each to allow chest to recoil.

Take turns with a bystander until emergency medical services arrive.

SOURCES: University of Arizona Sarver Heart Center; American Heart Association

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To print more copies of this flyer, go to this restaurant's video on www.foodtube.net and click on "Printable Business Card"