

FOR, SINCE, FROM

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FOR vs SINCE

FOR + PERIOD OF TIME

for two weeks, for ten years, for ten days, for a few hours, etc.

- We've been here **for** a few hours.
- When I met them, they had been married **for** ten years.

SINCE + STARTING POINT

since I was born, since ten o'clock, since Wednesday, etc.

- We've been here **since** four o'clock.
- They had been married **since** 2010.

SINCE vs FROM

SINCE WITH PRESENT AND PAST PERFECT

- I have known John **since** I was a child.
- I was exhausted. I had been at work **since** six a.m.

FROM IN OTHER CASES

- Masks will be compulsory **from** tomorrow.
- I'm usually here **from** six o'clock.

Choose the correct form:

CPR should be administered **for/since** at least 30 minutes before considering stopping efforts.

The patient had been unresponsive **for/from** 5 minutes before CPR was initiated.

CPR has been a standard emergency response **since/for** the 1960s.

Since/from learning CPR, I have felt more confident in emergencies.

The guidelines have recommended chest compressions only **for/from** adult CPR **since** 2010.

You should continue CPR **for/since** two minutes before checking for signs of life.

Since/from the paramedics arrived, they have been performing CPR continuously.

The CPR course will be available **from/for** next Monday to the end of the month.

The instructor has been teaching CPR **for/since** over 10 years.

He has been unconscious **since/for** the cardiac arrest occurred.

They performed CPR **for/from** 8 minutes before the ambulance arrived.

The child has been in recovery **since/for** receiving immediate CPR.

CPR training is mandatory **from/since** the beginning of the medical school curriculum.

Since/from the implementation of new techniques, CPR success rates have improved.

You should start chest compressions **from/for** the moment the patient collapses.