

THE ULTIMATE CPR GUIDE

EVERYTHING YOU NEED TO KNOW FOR ADULT, CHILD, INFANT AND PET CPR

5 STEPS TO PERFORMING CPR

1 ASSESS SCENE SAFETY



Check the area for any safety hazards that may be harmful to you

2 CHECK FOR RESPONSIVENESS



Tap the victim's shoulder and shout, "Are you OK?"

3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall

4 CALL 9-1-1



If no response, call 9-1-1 or your local emergency number. If you are alone, you must first call 9-1-1 before starting CPR. If you are with a partner, one person should call 9-1-1 while the other starts CPR.

5 START CPR



If not breathing and no pulse, start CPR immediately.

ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18 YEARS+)

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but always recommended for child and infant CPR

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1 YEAR - 12 YEARS)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

STEPS FOR HOW TO PERFORM INFANT CPR (0 - 1 YEAR)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats. If no pulse, start CPR.
- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
 - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Place a fist with the thumb side against the middle of the victim's abdomen, just above the navel
 - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The victim can cough, breathe or breathe
 - The victim becomes unconscious
 - Call 9-1-1 if not alone

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Place a fist with the thumb side against the middle of the child's abdomen, just above the navel
 - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The child can cough, breathe or breathe
 - The child becomes unconscious
 - Call 9-1-1 if not alone

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Place the infant on your forearm with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm with their head lower than their chest

PET

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

- GIVE 5 BACK BLOWS**
 - Place the pet on your forearm with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
 - Place the pet on your forearm with their head lower than their chest

★ CONTINUE COMPRESSION OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



- The victim begins to breathe
- An AED is ready to use
- A trained rescuer arrives
- You are too exhausted to continue

American Heart Cpr Study Guide

Marco Cascella



American Heart Cpr Study Guide:

ACLS Study Guide - E-Book Barbara J Aehlert, 2021-08-05 NEW Updated content includes the latest guidelines from the American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations NEW 20 new illustrations are added to the book s hundreds of illustrations *CPR Lifesaving Reference Guide (Speedy Study Guide)* Speedy Publishing, 2014-12-07 When a life is at stake you will want to do everything you can to ensure that person makes it out alive When CPR is needed it is crucial to administer the procedure properly This is where CPR Lifesaving reference guides come into play These handy guides will let an individual know the steps needed to complete CPR These guides help save lives in emergencies for people who haven t taken a full CPR course at their local Red Cross Station

Pediatric Advanced Life Support Study Guide Aehlert, 2017-01-16 Fully revised to meet the 2015 CPR ECC Guidelines and to prepare students and professionals for PALS certification and recertification Pediatric Advanced Life Support Study Guide Fourth Edition provides a clear and complete approach to managing pediatric emergencies Designed for use by the spectrum of healthcare professionals the Fourth Edition provides users with the critical information needed to approach real life pediatric emergencies The Fourth Edition includes End of chapter quizzes with answers and objectives as well as a comprehensive posttest to gauge material comprehension Case studies at the end of appropriate chapters for practice with real world material application Clear procedural explanations written in descriptive yet accessible language A refined Table of Contents including standalone chapters on cardiac dysrhythmias for focused learning and study PALS Pearl boxes for text to everyday clinical application In text references for deeper research if desired

Mosby's Radiation Therapy Study Guide and Exam Review Leia Levy, 2025-08-21 Reinforce your understanding of radiation therapy and prepare for the Registry exam Mosby s Radiation Therapy Study Guide and Exam Review Second Edition is both a study companion for Washington and Leaver s Principles and Practice of Radiation Therapy and a superior review for the ARRT Radiation Therapy Certification Exam This completely updated edition reflects the latest exam specifications and features an easy to read format that presents information in concise bullets and tables More than 2 000 total multiple choice questions in Registry format provide a realistic testing experience to prepare you for the real exam NEW Quality control procedures and guidelines for linear accelerators NEW Fractionation and protraction considerations UPDATED Content reflects the latest ARRT Radiation Therapy Certification Exam Specifications UPDATED Radiation Protection and Safety and Overview of Cancer Imaging and Management Modalities chapters offer the most current information in these key areas EXPANDED Charge capture and record keeping content enhances the Oncology Patient Care chapter EXPANDED Additional cross sectional images provide anatomy review and reinforce treatment planning concepts More than 2 000 multiple choice questions in Registry format in the text and on the companion Evolve website provide a realistic exam experience Complete coverage

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The Comprehensive Respiratory Therapist Exam Review - E-Book James R. Sills,2010-04-12 Prepare for success on respiratory therapy credentialing exams Updated to reflect the 2009 National Board of Respiratory Care NBRC content outlines Sills The Comprehensive Respiratory Therapist s Exam Review 5th Edition helps you review for both entry and

advanced level credentialing exams It covers every testable subject providing content review self assessment questions and study hints This title includes additional digital media when purchased in print format For this digital book edition media content is not included Unique Exam Hint boxes point out subjects that are frequently tested helping you study plan your time and improve your test taking skills Self study questions are included at the end of each chapter accompanied by answers and rationales in the back of the book Complexity level codes recall application and analysis help you prepare for questions in the way that is most appropriate e g memorization for recall or synthesis for analysis NBRC content outline coding provides a code for each topic so you can be sure that you have covered every topic that might appear on the exam CRT and RRT level codes speed your review by identifying the individual topics for the CRT and RRT exams as well as topics for both One text now covers both the entry and advanced levels of Respiratory Therapists credentialing exams so you need only one book to prepare for CRT and RRT credentials Updated content reflects the NBRC s new examination content outlines so you get an accurate current review New coverage includes subject areas such as CPAP BiPAP titration during sleep hemodynamic monitoring hyperinflation therapy laryngeal mask airway high frequency ventilation oxygen titration thoracentesis ultrasound and ventilator associated pneumonia protocols An Evolve website includes both CRT and RRT practice exams *Expert Field Medical Badge Study Guide*, 1986 *Neonatal Intensive Care Nursing Exam Prep Study Guide* Springer Publishing Company, 2023-04-24 Neonatal Intensive Care Nursing Exam Prep Study Guide gets right to the point with a targeted content based on the latest NCC exam blueprint This easy to follow guide includes all the tools you need to prepare practice and pass the exam and nothing you don t PREPARE Concise coverage of the content you ll be tested on Quick reference features with complications alerts and nursing pearls Need to know information to prepare you for exam day PRACTICE Two full length practice tests one in book and one online to assess your readiness and simulate the test taking experience Detailed rationales for correct and incorrect answers Pop quizzes that highlight key information you don t want to miss PASS The first time with Springer Publishing Exam Prep s 100% Pass Guarantee With confidence knowing you re well prepared with all the skills and knowledge you need on exam day and in practice With pride in your commitment to patient health and safety RNC NIC is a registered trademark of National Certification Corporation NCC NCC does not endorse this exam preparation resource nor do they have a proprietary relationship with Springer Publishing Company EMT-Intermediate Review Manual for National Certification Stephen J. Rahm, 2003-05 This four section review manual has been developed as tool to prepare for the National Registry Intermediate written and practical examination **Pediatric Critical Care Study Guide** Steven E. Lucking, Frank A. Maffei, Robert F. Tamburro, Neal J. Thomas, 2012-04-10 This is the first comprehensive study guide covering all aspects of pediatric critical care medicine It fills a void that exists in learning resources currently available to pediatric critical care practitioners The major textbooks are excellent references but do not allow concise reading on specific topics and are not intended to act as both text and study guide There are also several handbooks available but these are usually

written for general pediatric residents and lack the advanced physiology and pathophysiology required for the higher level pediatric critical care practitioner *Critical Care Study Guide* Gerard J. Criner, Rodger E. Barnette, Gilbert E.

D'Alonzo, 2010-06-27 Critical care medicine is a dynamic and exciting arena where complex pathophysiologic states require extensive knowledge and up to date clinical information An extensive knowledge of basic pathophysiology as well as awareness of the appropriate diagnostic tests and treatments that are used to optimize care in the critically ill is essential Since our first edition 7 years ago new information crucial to the care and understanding of the critically ill patient has rapidly accumulated Because this knowledge base crosses many different disciplines a comprehensive multidisciplinary approach presenting the information is essential similar to the multidisciplinary approach that is used to care for the critically ill patient We have strived to provide this content in an easily digestible format that uses a variety of teaching tools to facilitate understanding of the presented concepts and to enhance information retention To meet the demand to provide comprehensive and diverse education in order to understand the pathogenesis and optimum care of a variety of critical illnesses we have substantially revised the prior topics in the first edition with updated information We have also markedly expanded the number of topics covered to include acute lung injury and the acute respiratory distress syndrome an expanded discussion of the physiology and operation of mechanical ventilation obstetrical care in the ICU neurosurgical emergencies acute coronary syndromes cardiac arrhythmias role of whole body rehabilitation in the ICU ethical conduct of human research in the ICU and nursing care of the ICU patient Certified Respiratory Therapist Exam Review Guide Albert Heuer, Louis Sinopoli, 2010-11-15

Certified Respiratory Therapist Review Guide is a comprehensive study guide for respiratory therapy students and graduates of accredited respiratory therapy education programs who are seeking to take the entry level Certified Respiratory Therapist CRT credentialing exam from the National Board for Respiratory Care NBRC This unique review guide devotes extensive coverage to two problematic areas for credentialing exam candidates which are not covered in any of the other texts 1 test taking skills and 2 key points to remember in taking the NBRC computerized exams Special emphasis is also given to material and subject areas which have proven to be especially challenging for exam candidates such as basic pulmonary function testing arterial blood gas ABGs interpretation monitoring critically ill ICU patients neonatal and pediatric care recommending modifications to therapy and more Certified Respiratory Therapist Review Guide is authored by experts who take the credentialing exam annually so you can be sure the content and format of this guide is current **CPR And First Aid Care (Speedy Study Guides)** MDK Publishing, 2015-04-28 Who says you need videos to learn CPR This powerful guide will give you a step by step instruction to CPR and first aid care This guide should be given to all first aid rescuers even to moms and dads caring for little children With this guide you will hold the power to save someone else's life Buy a copy today

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tablespoons ounces Tablet and capsule calculations Liquid medication measurements Daily dose calculations PRN medication tracking Administration Techniques Proper patient positioning Aspiration prevention Sublingual and buccal placement Transdermal patch application and rotation Eye drop and ear drop instillation Rectal suppository insertion Inhaler and spacer use Documentation Excellence MAR accuracy and timeliness PRN documentation requirements Refusal documentation Error correction procedures Incident report completion Legal documentation standards Special Populations Age related pharmacokinetic changes in elderly Polypharmacy and drug interactions Pediatric dosing considerations Pregnancy and lactation precautions Patients with dysphagia or cognitive impairment Cultural competence in medication administration Build Confidence Through Practice Working through 625 questions with comprehensive explanations builds the knowledge base and test taking skills essential for certification success Identify knowledge gaps early and strengthen weak areas before exam day Updated for 2025 2026 Standards All content reflects current medication aide certification requirements The Joint Commission standards and evidence based medication administration practices Your Path to Certification Success This practice workbook provides the rigorous preparation needed to pass your medication aide certification exam with confidence Each question reinforces critical concepts safety principles and best practices essential for competent medication administration in healthcare settings Invest in your healthcare career today Start practicing and prepare to pass your CMA or QMA certification exam on your first attempt 625 realistic practice questions 10 full length exams Complete answer explanations Updated for 2025 2026 *Respiratory Care Exam Review - E-Book* Gary Persing, 2009-11-25 This title includes additional digital media when purchased in print format For this digital book edition media content is not included Respiratory Care Exam Review Review for the Entry Level and Advanced Exams 3rd Edition readies students with review materials for both the CRT and RRT exams The material is presented in an outline format for efficient studying with special boxes included in the chapter to highlight important information that is often included in the exam New content has been added to the 3rd edition including the latest updates to the NBRC content outlines implemented in 2009 and 2010 Be fully prepared with this comprehensive text Respiratory Therapy exam review designed to provide students with a complete hands on review for both the NBRC Certified Respiratory Therapist CRT and the Registered Respiratory Therapist RRT credentialing exams The material is presented in a detailed outline format and each chapter includes a pre test and post chapter questions Answers and rationales for both pre and post testing are located in the back of the book Book includes two practice exams One practice exam for each exam CRT RRT is located in the back of the book Answer keys with rationales for correct and incorrect answers are available on the Evolve Web site The NBRC complexity levels of each question are indicated in the answer key to help the student better prepare for the actual exam Every chapter has been thoroughly revised to incorporate the newest 2009 NBRC Examination content outlines that were implemented in 2009 CRT and 2010 RRT Unique Exam Notes highlight special notes or instructions specific to either the entry level CRT or advanced exam RRT to

help students use their study time more effectively Other key information relevant to the respiratory therapist is featured in specially shaded boxes Completely updated to reflect the newest NBRC Examination content outlines with new information on stress testing oxygen titration with exercise arterial line insertion influenza vaccines and ventilator associated pneumonia protocols Additional practice test questions with rationales added to both entry level and advanced practice exams provide rationales and detailed explanation for every question on the exam Surgical Critical Care and Emergency Surgery Forrest "Dell" Moore, Peter M. Rhee, Samuel A. Tisherman, Gerard J. Fulda, 2012-04-03 This is a unique question and answer book for surgical residents and trainees concentrating on the growing subspecialty of surgery in critical care and emergency surgery This book covers all surgical aspects of critical care and acute or emergency surgery making it an ideal learning and review text for surgical trainees and those professionals specializing in these fields **PET and PET/CT Study Guide** Andrzej Moniuszko, Adam Sciuk, 2012-10-06 The PET and PET CT Study Guide presents a comprehensive review of nuclear medicine principles and concepts necessary for passing PET specialty board examinations The practice questions and content are similar to those found on the Nuclear Medicine Technology Certification Board NMTCB exam allowing test takers to maximize their chances of success The book is organized by test sections of increasing difficulty with over 650 multiple choice questions covering all areas of positron emission tomography including radiation safety radionuclides instrumentation and quality control patient care and diagnostic and therapeutic procedures Detailed answers and explanations to the practice questions follow Supplementary appendices include common formulas numbers and abbreviations along with a glossary of terms for easy access by readers The PET and PET CT Study Guide is a valuable reference for nuclear medicine technologists nuclear medicine physicians and all other imaging professionals in need of a concise review of the basics of PET and PET CT imaging **Anesthesia E-Book** Ronald D. Miller, Lars I. Eriksson, Lee A Fleisher, Jeanine P. Wiener-Kronish, William L. Young, 2009-06-24 From fundamental principles to advanced subspecialty procedures Miller's Anesthesia covers the full scope of contemporary anesthesia practice It is the go to reference for masterful guidance on the technical scientific and clinical challenges you face Now new chapters new authors meticulous updates an increased international presence and a new full color design ensure that the 7th edition continues the tradition of excellence that you depend on Covers the full scope of contemporary anesthesia practice Offers step by step instructions for patient management and an in depth analysis of ancillary responsibilities and problems Incorporates Key Points boxes in every chapter that highlight important concepts Extends the breadth of international coverage with contributions from prominent anesthesiologists from all over the world including China India and Sweden Features 30 new authors and 13 new chapters such as Sleep Memory and Consciousness Perioperative Cognitive Dysfunction Ultrasound Guidance for Regional Anesthesia Anesthesia for Correction of Cardiac Arrhythmias Anesthesia for Bariatric Surgery Prehospital Emergency and Trauma Care Critical Care Protocols Neurocritical Care and Renal Replacement Therapy Dedicates an entire section to pediatric anesthesia to help you address the unique

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