

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 emergency responder. If you are alone, you must call 9-1-1 first and then perform CPR.

5 START CPR



If not breathing and no response, start CPR.

ADULT

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

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

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

CHILD

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

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

INFANT

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

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

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your dog's heart is located. If no pulse, start CPR.
- 2. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
- 3. GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- 1. 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
- 2. 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

- 1. 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
- 2. 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

- 1. GIVE 5 BACK BLOWS**
 - Place the infant on your forearm, with their head lower than their chest
- 2. 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

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

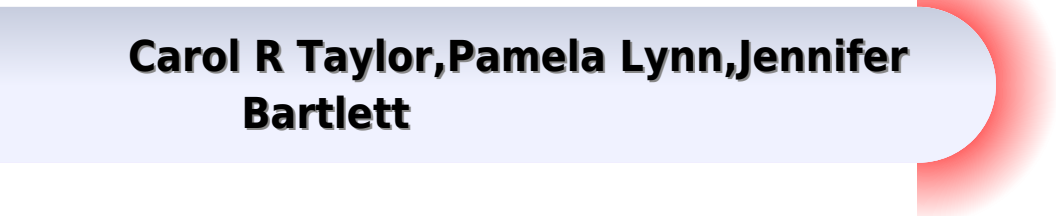
★ CONTINUE COMPRESSION OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



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

American Heart Association 2013 Cpr Study Guide

**Carol R Taylor, Pamela Lynn, Jennifer
Bartlett**



American Heart Association 2013 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 [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 *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 **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

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Textbook of Emergency & Trauma Care Devendra Richhariya, 2018-02-28 This book is a comprehensive guide to emergency and trauma care covering the complete process from pre hospital care rapid and point of care assessment and triaging to care of the patient during transfer and in hospital care Beginning with a general overview of emergency care and resuscitation the following sections discuss the treatment of emergencies and trauma in different systems of the body A complete section is dedicated to paediatric emergencies The final chapters cover trauma management toxicology disaster management and environmental emergencies such as thermal and chemical burns and snake bites The descriptive text is further enhanced by more than 700 flowcharts tables diagrams clinical photographs and short notes to assist learning Key points Comprehensive guide to emergency and trauma care Covers management of emergencies in different systems of the body Includes section on paediatric emergencies Highly illustrated with flowcharts tables diagrams photographs and short notes

Critical Care Medicine E-Book Joseph E. Parrillo, R. Phillip Dellinger, 2018-11-12 Now completely revised to bring you up to date with the latest advances in the field Critical Care Medicine Principles of Diagnosis and Management in the Adult 5th Edition delivers expert practical guidance on virtually any clinical scenario you may encounter in the ICU Designed for intensivists critical care and pulmonology residents fellows practicing physicians and nurse practitioners this highly regarded text is clinically focused and easy to reference Led by Drs Joseph Parrillo and Phillip Dellinger the 5th Edition introduces numerous new authors who lend a fresh perspective and contribute their expertise to that of hundreds of top authorities in the field Includes new chapters on current applications of bedside ultrasound in the ICU both diagnostic and procedural mechanical assist devices and extra corporeal membrane oxygenation ECMO Contains new administrative chapters that provide important information on performance improvement and quality length of stay operations working with the Joint Commission and more Features new videos and images that provide visual guidance and clarify complex topics Keeps you up to date with expanded chapters on echocardiography in the ICU and valvular heart disease including TAVR Includes separate chapters on mechanical ventilation of obstructive airway disease and acute respiratory distress syndrome ARDS including the many recent changes in approach to positive end

expiratory pressure setting in ARDS Covers key topics such as patient ventilator synchrony and non invasive ventilation for treating chronic obstructive pulmonary disease patients with acute respiratory failure Reflects the recent literature and guidance on amount of fluids type of fluid vasopressor selection mean arterial pressure target and decision on steroid use in septic shock Provides questions and answers in every chapter perfect for self assessment and review Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Resuscitation, An Issue of Cardiology Clinics Andrew M McCoy, 2018-07-13 This issue of Cardiology Clinics edited by Dr Andrew M McCoy will focus on Resuscitation Topics include but are not limited to Improving survival in your community Compression only CPR Dispatch CRP quality issues Drugs in OHCA Mechanical CPR DSeD Nuances of Airway Management in OHCA refractory recurrent VF future of OHCA care and more

Elsevier's Canadian Comprehensive Review for the NCLEX-RN Examination - E-Book Linda Anne Silvestri, Angela Silvestri, 2021-06-14

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Mechanical Ventilation David C. Shelledey, Jay I. Peters, 2019-03-28 Mechanical Ventilation provides students and clinicians concerned with the care of patients requiring mechanical ventilatory support a comprehensive guide to the evaluation of the critically ill patient assessment of respiratory failure indications for mechanical ventilation initiation of mechanical ventilatory support patient stabilization monitoring and ventilator discontinuance The text begins with an introduction to critical respiratory care followed by a review of respiratory failure to include assessment of oxygenation ventilation and acid base status A chapter is provided which reviews principles of mechanical ventilation and commonly used ventilators and related equipment Indications for mechanical ventilation are next discussed to include invasive and non invasive ventilation Ventilator commitment is then described to include establishment of the airway choice of ventilator mode of ventilation and initial ventilator settings Patient stabilization is then discussed

Fundamentals of Nursing Carol R Taylor, Pamela Lynn, Jennifer Bartlett, 2022-08-04 Trusted for its holistic case based approach Fundamentals of Nursing The Art and Science of Person Centered Nursing Care 10th Edition helps you confidently prepare the next generation of nursing professionals for practice This bestselling text presents nursing as an evolving art and science blending essential competencies cognitive technical interpersonal and ethical legal and instilling the clinical reasoning clinical judgment and decision making capabilities crucial to effective patient centered care in any setting The extensively updated 10th Edition is part of a fully integrated learning and teaching solution that combines traditional text video and interactive

resources to tailor content to diverse learning styles and deliver a seamless learning experience to every student

Respiratory Care: Principles and Practice Hess, Neil R. MacIntyre, William F. Galvin, Shelley C. Mishoe, 2015-04-06

With contributions from over 75 of the foremost experts in the field the third edition represents the very best in clinical and academic expertise Taught in leading respiratory care programs in the U S it continues to be the top choice for instructors and students alike The Third Edition includes numerous updates and revisions that provide the best foundational knowledge available as well as new helpful instructor resources and student learning tools A complete and up to date exploration of the technical and professional aspects of respiratory care With foundations in evidence based practice this essential resource reviews respiratory assessment respiratory therapeutics respiratory diseases basic sciences and their application to respiratory care the respiratory care profession and much more With content cross references the NBRC examination matrices Respiratory Care Principles and Practice Third Edition is the definitive resource for today s successful RT

Emergency Medical Services David Cone, Jane H. Brice, Theodore R. Delbridge, J. Brent Myers, 2014-12-30 *Emergency Medical Services Clinical Practice and Systems Oversight* is the official textbook of the National Association of EMS Physicians™ NAEMSPTM National EMS Medical Directors Course and Practicum™ Now paired with a companion website featuring self assessment exercises audio and video clips of EMS best practices in action and more this essential study aid guides students through the core knowledge they need to successfully complete their training and begin their careers as EMS physicians *Emergency Medical Services Clinical Practice and Systems Oversight* consists of Volume 1 Clinical Aspects of EMS Volume 2 Medical Oversight of EMS Companion website featuring supportive self assessment exercises audio and video clips

Diving Medicine Olaf Rusoke-Dierich, 2018-08-27 This book is the very first to cover the decompression theory in detail It gives many information on all topics of the diving medicine and is richly and uniquely illustrated It offers a good guideline of high quality practice in diving medicine The author provides a very structured and easy to understand book by covering all aspects of the diving medicine such as equipment physiology and related issues as gas intoxications venomous animals or damages that can occur in the diving practice Relevant physiological and anatomical illustrations enlight even complex topics The Diving medicine book will appeal to health experts like doctors and nurses but also to diving schools and teachers

WHO neonatal resuscitation manikin , 2021-10-15 The United Nations Commission on Life Saving Commodities UNCLSC 2012 defined 13 health products to end preventable deaths of woman and children One of those 13 products is the neonatal resuscitator is indispensable medical device to save newborns from asphyxia at birth For the efficient use of neonatal resuscitation training of healthcare professionals using neonatal resuscitation manikins is the most effective approach Critical lifesaving trainings calls for the need of neonatal resuscitation manikins with the right features The purpose of the WHO neonatal resuscitation manikin technical specifications is to provide a minimum standard baseline to meet the increasing demand to procure good quality affordable accessible and appropriate neonatal resuscitation manikins

Towards the development of this baseline this document includes compilation of available scientific evidence from technical literature international publications expert reviews and an industry survey which was conducted by WHO medical devices team **Guide to Evidence-Based Physical Therapist Practice with Navigate Advantage Access** Dianne V.

Jewell,2022-09-13 Guide to Evidence Based Physical Therapist Practice teaches the knowledge and skills to evaluate medical evidence and apply it to the practice of physical therapy It explains the fundamentals of medical research and how to determine which studies are useful in practice Topics including understanding what constitutes evidence searching efficiently for applicable evidence in the literature evaluating the findings in the literature and integrating the evidence with clinical judgment and individual patient preferences and values The ESC Textbook of Intensive and Acute Cardiovascular Care Marco Tubaro,Pascal Vranckx,Susanna Price,Christiaan Vrints,Eric Bonnefoy,2021-03-08 The ESC Textbook of Intensive and Acute Cardiovascular Care is the official textbook of the Acute Cardiovascular Care Association ACVC of the ESC Cardiovascular diseases CVDs are a major cause of premature death worldwide and a cause of loss of disability adjusted life years For most types of CVD early diagnosis and intervention are independent drivers of patient outcome Clinicians must be properly trained and centres appropriately equipped in order to deal with these critically ill cardiac patients This new updated edition of the textbook continues to comprehensively approach all the different issues relating to intensive and acute cardiovascular care and addresses all those involved in intensive and acute cardiac care not only cardiologists but also critical care specialists emergency physicians and healthcare professionals The chapters cover the various acute cardiovascular diseases that need high quality intensive treatment as well as organisational issues cooperation among professionals and interaction with other specialities in medicine SECTION 1 focusses on the definition structure organisation and function of ICCU s ethical issues and quality of care SECTION 2 addresses the pre hospital and immediate in hospital ED emergency cardiac care SECTIONS 3 5 discuss patient monitoring diagnosis and specific procedures Acute coronary syndromes ACS acute decompensated heart failure ADHF and serious arrhythmias form SECTIONS 6 8 The main other cardiovascular acute conditions are grouped in SECTION 9 Finally SECTION 10 is dedicated to the many concomitant acute non cardiovascular conditions that contribute to the patients case mix in ICCU This edition includes new chapters such as low cardiac output states and cardiogenic shock and pacemaker and ICDs troubleshooting and chapters have been extensively revised Purchasers of the print edition will also receive an access code to access the online version of the textbook which includes additional figures tables and videos to better to better illustrate diagnostic and therapeutic techniques and procedures in IACC The third edition of the ESC Textbook of Intensive and Acute Cardiovascular Care will establish a common basis of knowledge and a uniform and improved quality of care across the field **Cardiological Society of India: Cardiology Update 2014** H K Chopra,2015-04-30

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