

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 number to get on scene and the victim is lying on a firm and flat surface lying on their back

5 START CPR



If not breathing and no response

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 pulse, where it beats. If no pulse, start CPR.
- 2. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
- 3. IF NO PULSE, START CPR**
 - Give 2 rescue breaths
 - 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 back, head lower than feet
 - Give 5 back blows
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your back, head lower than feet
 - Give 5 chest thrusts

PET

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

- 1. GIVE 5 BACK BLOWS**
 - Place the pet on your back, head lower than feet
 - Give 5 back blows
- 2. GIVE 5 CHEST THRUSTS**
 - Place the pet on your back, head lower than feet
 - Give 5 chest thrusts

★ 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 Cpr Study Guide

Snmts



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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 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 helps you prepare for the ARRT Radiation Therapy Certification Exam Content review in outline and tabular format provides a concise recap of the material you need to know to succeed on the exam Exercises at the end of each section offer engaging active review opportunities **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

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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

Illustrated Study Guide for the NCLEX-PN® Exam - E-Book JoAnn Zerwekh,2020-12-24 Testing Strategies for the NCLEX PN Examination chapter addresses the challenges of the Next Generation NCLEX and provides targeted strategies for success UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 2 000 review questions on the companion Evolve website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs Examples of Next Generation NCLEX style questions on the companion Evolve website familiarize you with these new types of questions Answers and rationales are provided for all review questions Test Alert boxes highlight key concepts frequently found on the NCLEX examination Alternate item format questions on the companion Evolve website prepare you for these question types on the NCLEX examination UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Nursing Priority boxes

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The Textbook of Emergency Cardiovascular Care and CPR John M. Field, 2009 With an editorial team of leading experts from the American College of Emergency Physicians and the American Heart Association this book is the first complete clinically oriented reference textbook in emergency cardiovascular care and CPR The book translates bench research to the clinician's bedside needs and addresses end of life issues The content is appropriate for a large audience including early caregivers emergency department and CCU nurses students residents fellows and hospitalists responsible for cardiovascular emergency situations A companion Website will include the fully searchable text instructional videos produced by the AHA and links to ACC AHA ASE ACEP and ILCOR guidelines and policy statements

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

Comprehensive Review for the NCLEX-PN® Examination - E-Book HESI, 2022-10-11 HESI Comprehensive Review for the NCLEX PN Examination 7th Edition provides a complete all in one review of the information that you need to know Written in an easy to read outline format this study guide reviews content by concepts and clinical areas Along the way valuable tips from HESI help you apply principles of clinical decision making and clinical judgment With almost 1 000 practice questions in both study and exam formats the companion Evolve website enables you to practice test taking in the same electronic format you will experience on nursing school exit exams and on the NCLEX PN exam HESI Hint boxes spotlight important clinical information and concepts commonly tested on the NCLEX PN exam Chapters organized by clinical area enable you to easily search for various topics to review Clinical judgment study questions with rationales reinforce key concepts and content Consistent format and chapter organization make it easy to move between topics when reviewing UPDATED Content incorporates clinical updates and reflects the latest NCLEX PN test plan UPDATED Enhanced Evolve companion website with over 100 new questions for the NGN and almost 900 review questions for the NCLEX provides you with additional test taking practice NEW Illustrated NCSBN Clinical Judgment Measurement Model with corresponding Test Taking Strategies highlight how to apply clinical judgment NEW Questions for the Next Generation NCLEX NGN prepare you for the biggest change to the NCLEX PN test plan to date NEW All new editorial board rejuvenates this classic text with fresh perspectives and expertise to make a great book even better

Emergency Medical Technician-ambulance: National Standard Curriculum. Student Study Guide. Third Edition, 1984

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

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Table of Contents American Heart Association Cpr Study Guide

1. Understanding the eBook American Heart Association Cpr Study Guide
 - The Rise of Digital Reading American Heart Association Cpr Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying American Heart Association Cpr Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an American Heart Association Cpr Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from American Heart Association Cpr Study Guide
 - Personalized Recommendations

- American Heart Association Cpr Study Guide User Reviews and Ratings
- American Heart Association Cpr Study Guide and Bestseller Lists
- 5. Accessing American Heart Association Cpr Study Guide Free and Paid eBooks
 - American Heart Association Cpr Study Guide Public Domain eBooks
 - American Heart Association Cpr Study Guide eBook Subscription Services
 - American Heart Association Cpr Study Guide Budget-Friendly Options
- 6. Navigating American Heart Association Cpr Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - American Heart Association Cpr Study Guide Compatibility with Devices
 - American Heart Association Cpr Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of American Heart Association Cpr Study Guide
 - Highlighting and Note-Taking American Heart Association Cpr Study Guide
 - Interactive Elements American Heart Association Cpr Study Guide
- 8. Staying Engaged with American Heart Association Cpr Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers American Heart Association Cpr Study Guide
- 9. Balancing eBooks and Physical Books American Heart Association Cpr Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection American Heart Association Cpr Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine American Heart Association Cpr Study Guide
 - Setting Reading Goals American Heart Association Cpr Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of American Heart Association Cpr Study Guide
 - Fact-Checking eBook Content of American Heart Association Cpr Study Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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