

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 unresponsive

ADULT

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

- 1. GIVE 30 CHEST COMPRESSIONS**
 - PUSH HARD
 - PUSH FAST
- 2. GIVE 2 RESCUE BREATHS**
 - READ PET-OWN LIFT
 - KNEEL NOSE
 - GIVE 2 BREATHING

Repeat 30 compressions and 2 breaths 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
 - PUSH HARD
 - PUSH FAST
- 2. GIVE 2 RESCUE BREATHS**
 - READ PET-OWN LIFT
 - KNEEL NOSE
 - GIVE 2 BREATHING

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**
 - Tuck baby the head to your chest and use your mouth to cover both of the baby's mouth and 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 your hands or feet to push down on the chest
 - Push hard, push fast
- 3. IF NO PULSE, START CPR**
 - Give 2 breaths
 - Give 30 compressions
- 4. RESCUE BREATHS**
 - Mouth-to-mouth or mouth-to-nostril
 - Mouth-to-nostril
- 5. CONTINUE COMPRESSIONS UNTIL:**
 - The victim begins to breathe
 - An AED is ready to use
 - A trained rescuer arrives
 - You are too exhausted to continue

★ 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 Quick Reference Guide

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Tarascon Emergency Department Quick Reference Guide Pregerson, 2016-05-06 From the publishers of Tarascon Pocket Pharmacopoeia *The Mobility Forum*, 2013 **Evidence-Based Practice for Nursing and Healthcare Quality**

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INTRODUCTION 1 1 1 Purpose This chapter provides a general history of the development of military diving operations 1 1 2 Scope This chapter outlines the hard work and dedication of a number of individuals who were pioneers in the development of diving technology As with any endeavor it is important to build on the discoveries of our predecessors and not repeat mistakes of the past 1 1 3 Role of the U S Navy The U S Navy is a leader in the development of modern diving and underwater operations The general requirements of national defense and the specific requirements of underwater reconnaissance demolition ordnance disposal construction ship maintenance search rescue and salvage operations repeatedly give impetus to training and development Navy diving is no longer limited to tactical combat operations wartime salvage and submarine sinkings Fleet diving has become increasingly important and diversified since World War II A major part of the diving mission is inspecting and repairing naval vessels to minimize downtime and the need for dry docking Other aspects of fleet diving include recovering practice and research torpedoes installing and repairing underwater electronic arrays underwater construction and locating and recovering downed aircraft

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