

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

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 always 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 would be (e.g., femoral artery)
- 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 30 chest compressions
- 4. 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 speak
 - 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 speak
 - 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, head first, face down
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, head first, face up
- 3. CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:**
 - The object is forced out
 - The infant can cough, breathe, or speak
 - The infant becomes unconscious
 - Call 9-1-1 if not alone

PET

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

- 1. GIVE 5 BACK BLOWS**
 - Place the pet on your forearm, head first, face down
- 2. GIVE 5 CHEST THRUSTS**
 - Place the pet on your forearm, head first, face up
- 3. CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:**
 - The object is forced out
 - The pet can cough, breathe, or speak
 - The pet becomes unconscious
 - Call 9-1-1 if not alone

★ 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

Susan C. deWit



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Tarascon Emergency Department Quick Reference Guide Pregerson, 2016-05-06 From the publishers of Tarascon Pocket Pharmacopoeia **The Quick Reference Guide to Your Child's Health** Alia Y. Antoon, Denise M. Tompkins, 2000 Reviews the basics of child health and features alphabetically arranged entries that provide information about common symptoms childhood illnesses and diagnoses injuries emergency situations newborn care and concerns and behavior and development issues *The Mobility Forum* , 2013 **Mastering ACLS.** , 2006 Mastering ACLS Second Edition will help health care professionals successfully complete the American Heart Association's Advanced Cardiac Life Support course and certification exam This quick review outline format study guide covers the core knowledge and skills needed for ACLS including detailed illustrated life support techniques core case studies arrhythmias defibrillation procedures I V techniques cardiovascular pharmacology myocardial infarction and special resuscitation situations Now in full color this edition features 200 illustrations and algorithms expanded chapter quizzes a comprehensive test expanded information on automated external defibrillators and additional case scenarios in the Megacode and other chapters A new appendix reviews Basic Cardiac Life Support guidelines **Clinical Nursing Skills and Techniques - E-Book** Anne G. Perry, Patricia A. Potter, Wendy R. Ostendorf, Nancy Laplante, 2021-03-09 Learn clinical nursing skills and prepare for success on the Next Generation NCLEX Examination Clinical Nursing Skills Techniques 10th Edition provides clear step by step guidelines to more than 200 basic intermediate and advanced skills With more than 1 200 full color illustrations a nursing process framework and a focus on evidence based practice this manual helps you learn to think critically ask the right questions at the right time and make timely decisions New to this edition are NGN style unfolding case studies preparing you for the changes to the NCLEX exam Written by respected nursing experts Anne Griffin Perry Patricia A Potter Wendy Ostendorf and Nancy Laplante this trusted text is the bestselling nursing skills book on the market Comprehensive coverage includes more than 200 basic intermediate and advanced nursing skills and procedures NEW Next Generation NCLEX NGN style unfolding case studies include answers at the back of the book providing optimal preparation for the Next Generation NCLEX Examination Rationales for each step within skills explain the why as well as the how of each skill and include citations from the current literature Clinical Decision Points alert you to key steps that affect patient outcomes and help them modify care as needed to meet individual patient needs Unique Unexpected Outcomes and Related Interventions sections highlight what might go wrong and how to appropriately intervene Clinical Debrief at the end of each chapter provides case based review questions that focus on issues such as managing conflict care prioritization patient safety and decision making More than 1 200 full color photos and drawings make it easier to visualize concepts and procedures Five step nursing process format helps you apply the nursing process while learning each skill Coverage of QSEN core competencies is incorporated into each lesson including the areas of delegation and collaboration reporting and recording safety guidelines and considerations

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Improvement Geri LoBiondo-Wood, Judith Haber, Marita G. Titler, 2018-07-25 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Quality Improvement 2019 AJN Book of the Year Award Recipient in the Advanced Practice Nursing category Equip yourself to expertly conduct EBP or quality improvement projects Written by renowned EBP experts LoBiondo Wood Haber Titler Evidence Based Practice for Nursing and Healthcare Quality Improvement provides a straightforward yet comprehensive guide to planning and conducting EBP and quality improvement projects This brand new full color richly illustrated textbook begins with foundational content and then works through the processes of developing and exploring clinical questions implementing results and disseminating information The book's content and approach have been developed specifically with the adult learner in mind with multiple full text appendix articles referenced throughout as examples along with unique pedagogical aids including EBP Tips and EBP Key Points to ground concepts in a real life context NEW Written by renowned EBP experts LoBiondo Wood Haber Titler to provide a straightforward yet comprehensive guide to planning and conducting EBP and QI projects NEW A straightforward practical approach begins with foundational content and then works through the processes of developing and exploring clinical questions implementing results and disseminating information NEW Developed specifically with the adult learner in mind with multiple full text appendix articles referenced throughout as examples along with unique pedagogical aids including EBP Tips and EBP Key Points to ground concepts in a real life context **Manuals Combined: U.S. Navy Diving Manual Revision 7 (1 December 2016); A Navy Diving**

Supervisor's Guide for Safe and Productive Diving Operations; and Guidance For Diving In Contaminated Waters , Over 1 000 total pages 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 Emergency Response Barrett Williams, ChatGPT, 2025-05-27 Discover the essential guide to handling emergencies with confidence and skill in Emergency Response This comprehensive eBook provides you with the knowledge and techniques needed to become a capable first responder in a variety of situations Begin your journey with an introduction to life saving skills where you ll learn why preparedness is key and how to cultivate a ready mindset Master the art of assessing emergency situations by recognizing when to act and conducting quick scene surveys Gain insights into prioritizing injuries effectively ensuring that you can provide help when it s needed most Dive into family first aid basics with practical advice on assembling and using a home emergency kit and familiarizing yourself with essential supplies Explore airway management techniques including how to clear obstructions and perform the Heimlich maneuver to help anyone in distress Learn basic life support steps such as adult and child CPR and the use of automated external defibrillators AEDs From controlling bleeding with advanced techniques to handling bone and soft tissue injuries this book covers it all ensuring you re equipped to manage a wide range of medical situations Understand how to identify and manage shock traumatic injuries and medical emergencies like heart attacks diabetic crises and seizures Tackle respiratory challenges allergic reactions and poisoning events with confidence Delve into environmental emergencies including heat and cold exposure and managing animal bites Discover the crucial skills needed for trauma situations in remote settings along with practical communication strategies for effectively coordinating with professional responders Emergency Response not only focuses on the practical side of handling crises but also explores the psychological impacts offering guidance on providing emotional support and building community resilience This indispensable guide ensures you re always ready to protect yourself and your loved ones inspiring safety and breaking the barriers of uncertainty in emergencies *Quick Reference to Critical Care* Nancy H. Diepenbrock, 2020-11-10 This indispensable pocket guide addresses a broad range of critical care patient topics divided by body system and organized alphabetically within each chapter for quick access Disease processes disorders medications and titration tests lab results formulas ICU equipment and treatment strategies and goals are discussed Each well illustrated entry explains the latest evidence based procedures and stabilization practices in a convenient quick read outline making it the ideal quick reference for following proven protocols **Dental Office Emergencies** Joseph J. Gargano, Jean K. Pals, Andrew D. Weinberg, 1996 Pierson and Fairchild's Principles & Techniques of Patient Care - E-Book Sheryl L. Fairchild, 2012-05-01 NEW Video clips and skills activities on companion Evolve site illustrate the techniques and procedures described in the text NEW Content based on the ICF model the model currently endorsed by the APTA and AOTA reflects the current theories and practice guidelines of physical and occupational therapy NEW Information on professionalism teaches about the guidelines that currently exist and how to apply those guidelines to patient interactions Safe Maternity and Pediatric Nursing Care Luanne Linnard-Palmer, Gloria Haile Coats, 2016-09-30 Finally A new OB peds textbook that focuses on what LPNs must know

You'll find just the right depth and breadth of coverage with a focus on the knowledge and skills that LPNs need to know to practice safely

Saunders Guide to Success in Nursing School, 2016-2017 - E-Book Susan C. deWit, 2016-02-18 The portable Saunders Student Nurse Planner 2016 2017 A Guide to Success in Nursing School 12th Edition is a versatile organizational tool a practical nursing orientation handbook a clinical quick reference and a resource directory all in one This popular planner not only provides time management and stress reduction strategies advice on study skills and prefilled yearly monthly and weekly calendars it also comes with helpful clinical tools like pain and neurological assessment scales Joint Commission safety guidelines information on common drugs and lab values and NCLEX preparation tips It helps you manage your time and perform to your fullest potential both inside the classroom and during clinical rotations An introduction to nursing school expectations with tips for success prepares you for the unique challenges in nursing school Study skills advice on time management and stress management strategies improve your focus and organization and increase efficiency NCLEX Exam strategies prepare you for alternate format question types found on the current licensure exam Documentation section includes detailed information on electronic medical records to keep you in the know Common medication and IV therapy administration guidelines TJC Do Not Use lists and high alert medications emphasize medication safety from the beginning of nursing school Space saving compact design provides a clean and efficient layout that is easy to bring along to class and clinical rotations Clinical references and assessment scales are highlighted to give you easy access to normal vital signs lab values abbreviations measurements and conversions during clinicals Important clinical references provide essential tools useful during your clinical rotations Convenient weekly monthly and yearly calendars help you keep an organized schedule NEW Weekly monthly and yearly calendars with prefilled dates from May 2016 through December 2017 help you organize your schedule at school and at home

Pediatric Dentistry: Principles and Practice E-book M. S. Muthu, N Sivakumar, 2022-09-21 Each chapter will provide PowerPoint slides for the faculties to use as a preliminary version for their UG classes They can edit as needed and use them Handy supplementary forms have been included for a few chapters namely Case history Protective stabilization which students and practitioners can use to diagnose the problems and manage a child properly It regularly allows excellent documentation at the department and clinic level to systematically collect data and write research papers All the related and integrated specialties of Pediatric Dentistry is extensively covered with the experts in the field under Interdisciplinary Pediatric Dentistry The terminologies and sections divisions are updated with the American Academy of Pediatric Dentistry AAPD and the International Association of Paediatric Dentistry IAPD guidelines Clinician's Corner Handy clinical tips were provided at the end of each relevant chapter to understand better the topic for the students and the Practicing Dentists and Pediatric dentists Chapters on exceptional and innovative topics such as Research Methodology for beginners Dental Photography Psychological ownership Ethics Ergonomics which are often expected have been included Administering LA to children one of the most challenging things in Pediatric Dentistry is

addressed through a dedicated chapter on The TeDiE Technique Flowcharts have been included in many chapters to understand the subject or procedures better Stepwise clinical images have been provided for specific clinical procedures viz ART Strip crown *Mosby's Emergency Dictionary* James G. Yvorra, 1989 Listing of more than 20 000 important terms provides public safety personnel and emergency medical professionals with the first comprehensive quick reference to key terms of the business Entries give pronunciation explanatory definitions and cross references Miscellaneous appendixes

Veterinary Technician and Nurse's Daily Reference Guide Mandy Fults, Kenichiro Yagi, 2022-04-26 The revised and expanded new edition of this classic reference to daily skills used by veterinary technicians *Veterinary Technician and Nurse's Daily Reference Guide Canine and Feline* provides rapid access to the information veterinary technicians need in clinical practice With an easy to use tabular format the book covers diagnostic and patient care skills diseases and conditions preventive care anatomy anesthesia and all other major areas of veterinary technician education and training Chapters written by experienced veterinary specialists integrate charts tables and concise explanatory text to enable quick and efficient retrieval of information Focusing on practical skills and knowledge the fourth edition features extensively revised material incorporating the latest developments evidence based guidelines and best practices in veterinary medicine Brand new chapters describe licensure and certifications in veterinary technology and discuss nursing theory and science and its relation to veterinary nursing Expanded and updated coverage includes novel therapeutics in dermatology vaccination standards pain assessment and management stress free handling and nursing care strategies RECOVER CPR guidelines and more Equally useful in the classroom and in the clinic this popular quick reference guide Provides new and updated content including coverage of advancements in diagnostic capabilities and of pharmacologic agents used in treatment and management of disease states Contains hundreds of clear illustrations and high quality photographs Includes a comprehensive table of contents in each chapter Features a companion website with forms and worksheets self review questions vocabulary flashcards links to online resources and PowerPoint slides *Veterinary Technician and Nurse's Daily Reference Guide Canine and Feline Fourth Edition* remains an invaluable resource for both student and practicing veterinary technicians and nurses of all skill and experience levels **Your Child : a Medical Guide** Ira J. Chasnoff, M. D. Chasnoff (Ira J.), Publications International, Limited, 1994 The illustrated medical and health adviser for children **Minimally Invasive Aesthetic Procedures** Adilson Da Costa, 2020-02-24 Minimally invasive aesthetic procedures are an important part of dermatologists day to day clinical routine However plastic surgeons are also becoming more willing to explore them and minimally invasive cosmetic and aesthetic procedures are now an established interdisciplinary topic *Minimally Invasive Aesthetic Procedures A Guide for Dermatologists and Plastic Surgeons* addresses the needs of both these specialties It provides a comprehensive overview of the most relevant and widely used minimally invasive procedures presented in a practical and straightforward style Rather than a broad overview of the literature it offers a step by step guide to clinical

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Handbook of Medical Emergencies in the Dental Office Stanley F. Malamed, 1987 [The KidsHealth Guide for Parents](#)
Steven Dowshen, Neil Izenberg, Elizabeth Bass, 2002-01-05 Accessible authoritative advice from the creators of the award winning KidsHealth website Now the pediatricians behind the celebrated KidsHealth org website which averages one million hits a day have created an exciting general children s health reference Packed with solid advice from medical experts and seasoned parents The KidsHealth Guide helps new parents master the basics of keeping their children healthy and gives veterans a chance to conveniently review the essentials User friendly and fun this comprehensive guide offers authoritative answers without intimidating length Lists tip boxes decision trees and bite size segments with clear headings allow parents especially the newer frazzled kind to find what they need fast Covers everything from prenatal care and to common illnesses emergencies safety growth and development chronic conditions special needs medications nutrition and invaluable suggestions on making effective and affordable use of the health care system

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