

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, have one person call 9-1-1 while the other starts 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

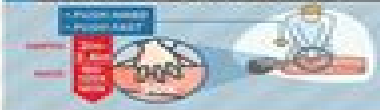


2 GIVE 2 RESCUE BREATHS



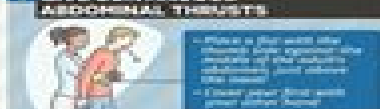
STEPS FOR HOW TO PERFORM CHILD-ONLY CPR

1 GIVE CHEST COMPRESSIONS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The victim can cough, breathe, or move
- The rescuer becomes exhausted
- Call 9-1-1 if not alone

CHILD

STEPS FOR HOW TO PERFORM CHILD-ONLY CPR (1-17 YEARS)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS



2 GIVE 5 CHEST THRUSTS

- The object is forced out
- The victim can cough, breathe, or move
- The rescuer becomes exhausted
- Call 9-1-1 if not alone

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS



2 GIVE 5 CHEST THRUSTS



CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

- The object is forced out
- The victim can cough, breathe, or move
- The rescuer becomes exhausted
- Call 9-1-1 if not alone

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 GIVE 2 RESCUE BREATHS



3 IF NO PULSE, START CPR



4 RESCUE BREATHS



5 CONTINUE COMPRESSIONS UNTIL:

- The object is forced out
- The victim can cough, breathe, or move
- The rescuer becomes exhausted
- 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

Wenbin Ji



American Heart Association Cpr Quick Reference Guide:

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.

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 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. 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

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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

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 This indispensable guide ensures you re always ready to protect yourself and your loved ones inspiring safety and breaking
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 professionalism teaches about the guidelines that currently exist and how to apply those guidelines to patient interactions
Quick Reference to Critical Care Nancy H. Diepenbrock, 2020-11-10 This indispensable pocket guide addresses a broad
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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

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

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

Handbook of Medical Emergencies in the Dental Office Stanley F. Malamed,1987

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 procedures Each chapter explores a single clinical procedure discussing the theoretical basis the materials needed the methods and techniques clinical follow up before and after illustrations as well as the side effects and complications and their management It also includes a summary of tips and relevant references With more than a hundred procedures presented and discussed in a clinically applicable format Minimally Invasive Aesthetic Procedures A Guide for Dermatologists and Plastic Surgeons is a practical manual for all dermatology and plastic surgery practitioners who are interested in aesthetic medicine

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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