

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 call 9-1-1 first and then begin CPR.

5 START CPR



If not breathing and no response, start CPR.

ADULT

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

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

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

CHILD

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

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

INFANT

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

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

PET

STEPS FOR HOW TO PERFORM PET CPR

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

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- 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.
- 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

- 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.
- 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

- GIVE 5 BACK BLOWS**
 - Place the infant on your forearm, head down, face down.
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, head up, face up.

★ 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

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Pediatric Advanced Life Support Study Guide Barbara 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

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correct answers and detailed rationales along with a complete practice exam Includes important information about the exam itself answers to commonly asked questions and case studies Covers content in accordance with the test blueprint of the SCRN exam *Study Guide for Foundations of Nursing - E-Book* Kim Cooper,Kelly Gosnell,2019-10-31 Corresponding to the chapters in Cooper and Gosnell s Foundations of Nursing 8th Edition this study guide helps you learn understand and apply the fundamentals of LPN LVN nursing Hundreds of labeling matching and fill in the blank questions are included It also includes critical thinking questions based on clinical scenarios and multiple choice and alternate format questions to help you review for the NCLEX PN examination An increased emphasis on critical thinking and clinical scenarios prepares you more effectively for the NCLEX PN examination with more NCLEX style alternate format type questions and more critical thinking activities Learning activities help you meet content objectives and include crossword puzzles labeling matching completion identification NCLEX exam style multiple choice review questions and critical thinking questions NEW Updated and reworked content corresponds to the latest edition of Foundations of Nursing 8th Edition *Emergency Medical Technician-ambulance: National Standard Curriculum. Student Study Guide. Third Edition* ,1984 **Saunders Strategies for Test Success - E-Book** Linda Anne Silvestri,Angela Silvestri,2009-08-31 Take your understanding to a whole new level with Pageburst digital books on VitalSource Easy to use interactive features let you make highlights share notes run instant topic searches and so much more Best of all with Pageburst you get flexible online offline and mobile access to all your digital books An essential resource for any nursing student this invaluable guide gives you the tools you need to overcome text anxiety and develop effective study habits Key topics include time management critical thinking and problem solving with tips to help you tackle any nursing test from a routine quiz to the NCLEX examination You ll learn how to confidently evaluate and identify the correct answer for a variety of test question types including alternate item formats with chapters on the nursing process prioritization methods and safety strategies The book and companion CD offer 500 practice questions to help you practice the skills you are learning and gain realistic test taking experience Coverage of detailed critical thinking methods offer valuable clues to help you analyze and uncover the correct answer option for all question types including multiple choice true or false and alternate item format questions Chapters on specific question content such as prioritization pharmacology management and delegation provide numerous examples to prepare you for higher cognitive level questions A fun two color design features cartoons and bold designs to help visual learners become better overall test takers Linda Silvestri s hallmark Pyramid Points in the margins highlight the most important concepts you need to learn for exam success A companion CD includes 500 practice questions that allow you to apply the strategies learned from the text in a realistic electronic testing environment Refocused content emphasizes comprehensive test preparation to help you develop refine and apply the reasoning skills you need to succeed throughout nursing school and on the NCLEX examination A new chapter on reducing test anxiety offers simple strategies you can use to control test induced stress and gain the confidence you need to

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Library of Medicine Audiovisuals Catalog National Library of Medicine (U.S.), Resources in Education ,1987

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 Official Gazette of the United States Patent and Trademark Office ,2002 *U.S. Navy Medicine* ,1976

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