

SureFire CPR

PRESENTS

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 you respond with a 9-1-1 or other emergency call to do so, make sure the victim is lying on a firm and flat surface facing up.

5 START CPR

If not breathing and unresponsive



ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18-YRS+)

1 GIVE 30 CHEST COMPRESSIONS

- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

Always ensure an AED is available, but don't wait for one to start CPR for child and infant CPR

STEPS FOR HOW TO PERFORM ADULT CPR (18-YRS+)

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

1 GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:

- The object is dislodged
- The abdominal thrusts cause gagging or vomiting
- The abdominal thrusts cause unconsciousness
- The victim becomes unresponsive, perform CPR. Start at 2

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is dislodged
- The abdominal thrusts cause gagging or vomiting
- The abdominal thrusts cause unconsciousness
- The victim becomes unresponsive, perform CPR. Start at 2

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1YR - 8 YRS)

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 or 2 1/2 hands, depending on the size of the child
- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

STEPS FOR HOW TO PERFORM CHILD CPR (1YR - 8 YRS)

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

1 GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:

- The object is dislodged
- The abdominal thrusts cause gagging or vomiting
- The abdominal thrusts cause unconsciousness
- The victim becomes unresponsive, perform CPR. Start at 2

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is dislodged
- The abdominal thrusts cause gagging or vomiting
- The abdominal thrusts cause unconsciousness
- The victim becomes unresponsive, perform CPR. Start at 2

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 fingers
- Push hard, push fast
- Push down at least 1 1/2 inches (4 cm)
- Push at a rate of 100-120 per minute

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

3 GIVE 5 BACK BLOWS AND 5 CHEST THRUSTS

- Give 5 back blows and 5 chest thrusts

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

1 GIVE 5 BACK BLOWS

- Give 5 back blows

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

- The object is dislodged
- The back blows or chest thrusts cause gagging or vomiting
- The back blows or chest thrusts cause unconsciousness
- The victim becomes unresponsive, perform CPR. Start at 2

2 GIVE 5 CHEST THRUSTS

- Give 5 chest thrusts

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

- Check for breathing and a pulse

2 GIVE THE OTHER RESCUE BITE

- Give the other rescue bite

3 IF NO PULSE, START CPR

- Give 30 chest compressions
- Give 2 rescue breaths

STEPS FOR HOW TO PERFORM PET CPR

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

1 GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:

- The object is dislodged
- The abdominal thrusts cause gagging or vomiting
- The abdominal thrusts cause unconsciousness
- The victim becomes unresponsive, perform CPR. Start at 2

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is dislodged
- The abdominal thrusts cause gagging or vomiting
- The abdominal thrusts cause unconsciousness
- The victim becomes unresponsive, perform CPR. Start at 2

* 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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Barbara Aehlert



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Study Guide for Psychology to Accompany Salkind and Frey's Statistics for People Who (Think They) Hate Statistics Neil J. Salkind, Bruce B. Frey, Ryan J. Winter, 2019-08-02 This Study Guide for introductory statistics courses in psychology departments is designed to accompany Neil J Salkind and Bruce B Frey s best selling Statistics for People Who Think They Hate Statistics Seventh Edition Extra exercises activities and true false multiple choice and essay questions with answers to all questions feature psychology specific content to help further student mastery of text concepts Two additional appendix items in this guide include Practice with Real Data which outlines four experiments and provides students with the datasets to run the analyses plus Writing Up Your Results Guidelines based on APA style *Study Guide for Psychology to Accompany Neil J. Salkind's Statistics for People Who (Think They) Hate Statistics* Neil J. Salkind, Ryan J. Winter, 2017-07-26 This study guide includes a wide range of new and key features including chapter outlines and summaries learning objectives key terms exercises true false multiple choice and essay questions Ancillaries The book comes with the datasets at edge.sagepub.com/salkind6e to run the analyses plus Writing Up Your Results Guidelines based on APA style **ACLS Study Guide - E-Book** Barbara J Aehlert, 2016-10-06 Awarded second place in the 2017 AJN Book of the Year Awards in the Critical Care Emergency Nursing category Provide the best possible emergency cardiovascular care using the newest ECC guidelines ACLS Study Guide 5th Edition offers a complete full color overview of advanced cardiovascular life support An easy to read approach covers everything from airway management to cardiac arrest rhythms and their management electrical therapy acute coronary syndromes and acute stroke In addition to the latest ACLS treatment algorithms this edition includes case studies and hundreds of full color photos and illustrations Case studies present common realistic clinical situations helping you learn and apply skills in cardiac rhythm interpretation medication administration and other essential interventions ACLS Pearls boxes offer brief explanations of complex topics and useful tips for clinical practice End of chapter quizzes include answers and rationales helping you learn and remember the most important information Easy to understand approach simplifies your study of advanced cardiac life support thanks to Barbara Aehlert s unique conversational writing style NEW UPDATED content centers on evidence based practice recommendations including the 2015 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations NEW Improved format integrates all case studies into the appropriate chapters so that you can apply concepts immediately to real world situations *Mosby's Radiation Therapy Study Guide and Exam Review* Leia Levy, 2010-11-22 Reinforce your understanding of radiation therapy and prepare for the Registry exam Mosby s Radiation Therapy Study Guide and Exam Review is both a study companion for Principles and Practice of Radiation Therapy by Charles Washington and Dennis Leaver and a superior review for the certification exam offered by the American Registry for Radiologic Technology ARRT An easy to

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[Aehlert's EMT-basic Study Guide](#) Barbara Aehlert, 1998-01-01 The author a well known and respected specialist in the field provides the reader with authoritative coverage of what the EMT needs to know perfectly balanced between the question bank and the more comprehensive traditional text The presentation is clear and concise making the text an excellent addition to the EMT student's resources as well as a perfect tool to use in reviewing for refresher courses

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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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