

# 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 scene 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 on a mobile phone, hold the phone to your ear and speak into the phone as you perform CPR.

### 5 START CPR

If not breathing and unresponsive



## ADULT

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

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

Repeat as many times as needed, but highly 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
  - Push hard, push fast
  - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

## INFANT

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

- GIVE 30 CHEST COMPRESSIONS**
  - Use 2 fingers
  - Push hard, push fast
  - Push down at least 1.5 inches
- 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**
  - Look for chest rise and fall
  - Check for a pulse at the femoral artery
- GIVE 30 CHEST COMPRESSIONS**
  - Use 2 hands
  - Push hard, push fast
  - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths
- IF NO PULSE, START CPR**
  - Repeat steps 1-3 as many times as needed
- HOW TO HELP A CONSCIOUS CHOKING ADULT**
  - Give 5 back blows
  - Give 5 chest thrusts
- HOW TO HELP A CONSCIOUS CHOKING CHILD**
  - Give 5 back blows
  - Give 5 chest thrusts
- HOW TO HELP A CONSCIOUS CHOKING INFANT**
  - Give 5 back blows
  - Give 5 chest thrusts
- CONTINUE COMPRESSIONS UNTIL:**
  - The person 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

# Study Guide For New Cpr Guidelines

**Vicky Li**



## **Study Guide For New Cpr Guidelines:**

**CPR Lifesaving Reference Guide (Speedy Study Guide)** Speedy Publishing, 2014-12-07 When a life is at stake you will want to do everything you can to ensure that person makes it out alive When CPR is needed it is crucial to administer the procedure properly This is where CPR Lifesaving reference guides come into play These handy guides will let an individual know the steps needed to complete CPR These guides help save lives in emergencies for people who haven't taken a full CPR course at their local Red Cross Station

**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

**Pediatric Advanced Life Support Study Guide** 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

**CPR And First Aid Care (Speedy Study Guides)** MDK Publishing, 2015-04-28 Who says you need videos to learn CPR This powerful guide will give you a step by step

instruction to CPR and first aid care This guide should be given to all first aid rescuers even to moms and dads caring for little children With this guide you will hold the power to save someone else s life Buy a copy today     *Pediatric Board Study Guide* Osama I. Naga,2019-11-06 Building upon the highly successful 1st edition this book is a comprehensive review designed to prepare pediatric residents fellows and pediatricians for the General Pediatrics Certifying Examination and for the American Board of Pediatrics Maintenance of Certification Pediatric Board Study Guide A Last Minute Review 2nd edition covers all aspects of pediatric medicine each chapter has been updated according to the most recent content specifications provided by the ABP The 2nd edition provides more illustrations diagrams radiology images and clinical case scenarios to further assist readers in reviewing pediatric subspecialties New chapter topics include nutrition sports medicine patient safety quality improvement ethics and pharmacology Finally the book closes with a Last Minute Review of high yield cases arranged in the same sequence as the chapters providing readers with a concise study guide of critical cases and conditions Pediatric residents and fellows preparing for the board examination pediatricians and pediatric subspecialists preparing for certification maintenance will find Pediatric Board Study Guide A Last Minute Review 2nd edition easy to use and comprehensive making it the ideal resource and study tool     Study Guide for Emergency Care in the Streets Nancy L. Caroline,1995 This workbook is a companion to the 5th edition of Emergency Care in the Streets The emphasis is on vocabulary and on clinical decision making and it includes wordgames quizzes and puzzles to reinforce the objectives set up in the textbook     Pediatric Board Study Guide Osama Naga,2025-01-18 The second edition of this text has proved to be a very successful pediatric study guide helping many pediatricians around the world to study pediatrics in a very easy simplified way Even the most complex subjects are condensed into very straight forward and easy to remember information blocks This book not only prepares students to pass their exams but also prepares pediatricians for general pediatric encounters emphasizing all new updates from the American Academy of Pediatrics and American Board of Pediatrics It has proved very popular among new pediatricians and new pediatric residents worldwide In the last 3 years the AAP and ABP have released a lot of updates such as management of fever in well appearing infants COVID 19 asthma management and new vaccine guidelines from the CDC The pediatric board exam always includes new diseases which are included in each chapter as well as new questions and answers that must be added to the last minute review chapter as well as other questions to be edited to follow the new recommendations and guidelines in pediatrics New pictures and better quality illustrations are also included Pediatric residents and fellows preparing for the board examination pediatricians and pediatric subspecialists preparing for certification maintenance will find Pediatric Board Study Guide A Last Minute Review 3rd edition easy to use and comprehensive making it the ideal resource and study tool     **Certified Ophthalmic Assistant Exam Review Manual** Janice K. Ledford,2024-06-01 The best selling exam preparation manual for more than 15 years has been extensively updated into a Third Edition With revisions and additional material that match the new JCAHPO criteria for

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Sinopoli,2010-11-15 Certified Respiratory Therapist Review Guide is a comprehensive study guide for respiratory therapy students and graduates of accredited respiratory therapy education programs who are seeking to take the entry level Certified Respiratory Therapist CRT credentialing exam from the National Board for Respiratory Care NBRC This unique review guide devotes extensive coverage to two problematic areas for credentialing exam candidates which are not covered in any of the other texts 1 test taking skills and 2 key points to remember in taking the NBRC computerized exams Special emphasis is also given to material and subject areas which have proven to be especially challenging for exam candidates such as basic pulmonary function testing arterial blood gas ABGs interpretation monitoring critically ill ICU patients neonatal and pediatric care recommending modifications to therapy and more Certified Respiratory Therapist Review Guide is authored by experts who take the credentialing exam annually so you can be sure the content and format of this guide is current *RN's Study Guide* Vicky Li,2016-12-05 Review Guides Certification Prep Pocket Guides **Family Practice and**

**Adult-Gerontology Primary Care Nurse Practitioner Certification Examination Review Questions and Strategies**

Jill E Winland-Brown,Lynne M Dunphy,2017-04-18 Gain the extra advantage on your ANP or FNP exam with an effective plan of action Preparation and practice make perfect The questions in the book and online parallel the domains and content areas of the actual exams Each question has been carefully reviewed and updated by recent exam takers to ensure accuracy and revised to conform to the style and difficulty levels on the certification examinations Answers and in depth rationales at the end of each chapter advance your mastery and understanding **Oh's Intensive Care Manual** Andrew D. Bersten,Neil

Soni,2009-01-01 The sixth edition provides practical concise information on all aspects of intensive care Written in a clear and accessible style and now for the first time presented in colour throughout this book enables the user to manage a patient in an ICU setting effectively without recourse to large text reference works or specialized monographs This thoroughly revised and updated edition reflects the best and most current practice from leading centres in Australia the UK and Western Europe Information on management and treatment of conditions is balanced by pathophysiological and pharmacological background This is not just a cook book of procedures It provides all of the essential information for candidates wishing to

pass professional examinations Addition of colour throughout to highlight summary boxes tables charts and flow diagrams Will make key information more accessible easier and faster to retrieve Pitfalls in treatment and management emphasized in each chapter Provides the user with expert advice on practical issues that will be encountered on a day to day basis in the ICU Keeps the user abreast of the latest developments in diagnosis and management *The Emergency Department Technician Handbook, E-Book* Robert Shesser, Ali Pourmand, Amy Keim, 2022-10-20 Emergency Department Technicians EDTs play a vital role in actively supporting the medical team in today's hospitals and the role continues to expand in light of staffing shortages and increased emergency department volumes The Emergency Department Technician Handbook is a reliable comprehensive resource in this increasingly important field filling a timely need in EDT workforce development for both technicians and educators Concise readable text along with high quality clinical photos and a video library that depict procedures and patient positioning make this new handbook a must have resource in every emergency department Provides quick convenient access to practical guidance and everyday answers in an easy to read outline format Discusses key topics such as patient flow and assessment in the ED triage and point of care testing Advises on best practices for wound care including cleansing dressing and splinting a wound as well as how to set up a suture tray and advanced wound care techniques Covers essential imaging based procedures including the use of ultrasound guided IV Features a companion video library with a range of clips depicting how to perform procedures and patient examinations in real time *CDL Study Guide 2025-2026* Jake Nolan, Have you ever wondered what it takes to safely operate a large commercial vehicle on busy highways ensuring not only your safety but also the well being of those around you The responsibility of driving commercial vehicles goes far beyond just knowing how to steer it requires specialized knowledge skill and understanding of complex regulations For those seeking a career in the transportation industry achieving a Commercial Driver's License CDL is the first step towards becoming a skilled and responsible driver This comprehensive guide offers everything you need to know to prepare for the CDL exam and embark on a successful career Whether you're new to the trucking world or are looking to brush up on the essentials this resource covers the critical areas required to pass both the written and skills tests It delves into the various CDL classes and endorsements the handling of hazardous materials the proper operation of air brake systems and much more Beyond the basics of test preparation this guide also focuses on providing practical advice and techniques for becoming a safe confident and professional driver You'll learn how to navigate the complexities of combining vehicles maneuvering large trucks and maintaining safety on the road under different conditions Each chapter is designed to break down the most challenging aspects of commercial driving offering expert insights tips and strategies that will help you succeed not only in passing the CDL test but also in your day to day driving career In addition to the technical skills and knowledge the guide emphasizes the importance of responsible driving and safety As a commercial driver you're tasked with more than just getting from one place to another You're entrusted with the safety of your cargo your passengers and

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**Linz's Comprehensive Respiratory Diseases** Sindee Karpel,Anthony James Linz,2019-03-18 Navigate 2 now contains access to the NEW Anatomy Physiology Review Module The role of the Respiratory Therapist is continuously expanding As case managers for pulmonary disease patients today s RTs help develop assess and revise patient care plans while also assisting with protocol administration patient education and disease management Written for the undergraduate Respiratory Therapy student Linz s Comprehensive Respiratory Diseases helps respiratory therapy students gain the knowledge they need to pass the National Board for Respiratory Care s NBRC Registered Respiratory Therapist RRT credentialing exams and launch careers as competent confident respiratory therapists The text provides a comprehensive overview of the pulmonary and cardiac disorders that are covered on the NBRC board exams and most frequently require an RT s care in clinical settings Designed to provide a comprehensive overview of the pulmonary and cardiac disorders that are covered on the NBRC board exams Includes Chapter Objectives and Key Terms to help focus student s attention of key topics in the chapter Organized to provide up to date information on the diagnosis etiology epidemiology pathophysiology diagnostic testing treatment and management of each disorder A brief Case Study is presented in each chapter to introduce the topic at hand and provide context to the respiratory disorder Knowledge Check Questions are included in each chapter and allow students to identify gaps in their content knowledge 2020 776 pages

**The Illustrated South African First-aid Manual** Linda Buys,2015-11-12 The Illustrated South African First aid Manual covers everything you need to know about how to cope with common first aid emergencies Concise instructions and step by step illustrations provide at a glance guidelines on treating wounds burns bites stings fractures choking strains and sprains bleeding amputations and eye injuries plus how to handle episodes of hypothermia heat stroke poisoning epilepsy diarrhoea and vomiting and emergency childbirth Life threatening emergencies such as cardiac arrest shock choking drowning and breathing difficulties are covered in detail along with the correct procedures for performing chest compressions rescue breathing and CPR Short introductory chapters explain what to do at an emergency scene the responsibilities of the first aider the basic provisions of the Occupational Health and Safety Act with regard to first aid what a first aid kit should contain and basic anatomy and body systems There is also a short chapter on emergency treatment for pets

**Resources in Education** ,1986

**ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription** David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in



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