

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 the cycle as necessary, 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 1 or 2 hands depending on the size of the pet
 - Push hard, push fast
 - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle as necessary, but highly recommended for Child and Infant CPR

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough, breathe or speak
 - The person becomes unconscious
 - Call 9-1-1 or your local emergency number
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough, breathe or speak
 - The person becomes unconscious
 - Call 9-1-1 or your local emergency number

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough, breathe or speak
 - The person becomes unconscious
 - Call 9-1-1 or your local emergency number
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough, breathe or speak
 - The person becomes unconscious
 - Call 9-1-1 or your local emergency number

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Use the heel of your hand
 - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
 - Use 2 fingers
 - Give 5 chest thrusts

★ 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

Cpr Quick Reference Guide

Alia Y. Antoon, Denise M. Tompkins

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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CPR Basics Felicia Dunbar, AI, 2025-03-17 *CPR Basics* offers a comprehensive guide to cardiopulmonary resuscitation CPR and the use of automated external defibrillators AEDs essential skills for anyone interested in health and fitness or general medical knowledge The book emphasizes that immediate bystander intervention during sudden cardiac arrest can significantly increase survival rates Interestingly the book traces the history of CPR highlighting how modern techniques evolved from early resuscitation efforts and emphasizes the critical role of continuous chest compressions and early defibrillation based on current guidelines The book's approach is practical delivering step by step instructions and visual aids to make CPR techniques accessible to a general audience It progresses logically starting with fundamental principles then detailing specific techniques for adults children and infants and concluding with a thorough guide to AEDs Real life scenarios are incorporated to enhance understanding and confidence in performing these life saving skills This approach ensures readers are well prepared to act decisively in critical situations making *CPR Basics* a valuable resource for anyone seeking to become a capable first responder

Crash Course: Quick Reference Guide to Medicine and Surgery - E-Book

Leonora Weil, 2014-08-09 *Crash Course* your effective everyday study companion PLUS the perfect antidote for exam stress Save time and be assured you have all the information you need in one place to excel on your course and achieve exam success *Crash Course Quick Reference Guide to Medicine and Surgery* is a unique new volume in the series spanning the core clinical topics across the medical curriculum It is as useful for your first day as a clinical medical student as it is for preparing for your medical finals and beyond Presented in a consistent format that is clear concise and easy to assimilate it is an essential text for any medical student or junior doctor Includes the core medicine and surgery that you need for examinations Clear explanations for every common medical condition with an emphasis on the key points A consistent format to allow quick reference for each disease Maintains a focus throughout on questions that commonly appear in the final MBBS examinations Mnemonics memory aids and figures are included to aid with revision Written by recent graduates together with consultants and experts for each specialty those closest to what is essential for exam success Quality assured by leading Faculty Advisors to ensure complete accuracy of information Co written by specialty experts Comes with access to the complete electronic version for enhanced anytime anywhere access with seamless real time integration between devices

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

Mosby's Textbook for Long-Term Care Nursing Assistants - E-Book Sheila A. Sorrentino, 2013-12-27 Provide safe and effective care in any type of long term care setting *Mosby's Textbook for Long Term Care Nursing Assistants* provides a complete guide to the skills you need as a nursing assistant More than 100 key procedures are described with clear easy to learn

instructions Written by noted educator and author Sheila Sorrentino this edition adds coverage that will help you care for residents with acute or chronic medical conditions New chapters and expanded content help you care for residents with acute and chronic conditions that previously may have required hospitalization Unique Key abbreviations are listed at the beginning of each chapter Unique Multi language vocabulary list helps you communicate with patients who speak a foreign language Skills video clips on the free companion Evolve website provide visual instructions for performing key procedures

Comprehensive First Aid Guide Adil Hussain,Mamta Bhandari,2025-06-25 Provides comprehensive and in depth coverage of all essential first aid topics from minor injuries to major emergencies Content is thoroughly based on updated medical guidelines and evidence based practices for safe and effective care Written in clear simple language to ensure easy understanding by students teachers and the general public Includes informative illustrations and diagrams to visually support learning and practical application Organized in a quick reference format to help readers access vital information rapidly during emergencies Each chapter concludes with concise summaries and key points to reinforce learning and aid in revision Real life case studies and practical examples are integrated to demonstrate real world application of first aid skills

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 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 **Mosby's Textbook for Long-Term Care Nursing Assistants - E-Book** Clare Kostelnick,2023-06-15 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Long Term Care Gain the knowledge and skills you need to provide safe compassionate long term care Mosby s Textbook for Long Term Care Nursing Assistants 9th Edition prepares you to succeed as a professional caregiver for residents in long term care settings More than 100 step by step procedures include clear instructions for performing skills such as bedmaking measuring vital signs and collecting specimens Not only does the book cover the functions and limitations of the nursing assistant s role but its delegation guidelines outline the information you need to collect from the nurse and care plan before performing and then documenting a procedure Written by Clare Kostelnick an experienced nurse and instructor this text also helps you prepare for success on the Nursing Assistant certification exam Concise long term care content is presented at a 6th grade reading level to make understanding easier for readers of all levels and abilities More than 100 procedures are divided into pre procedure procedure and post procedure sections for easier learning and a NATCEP icon indicates skills that are covered in certification exams Color illustrations and photographs depict key ideas concepts and procedure steps Featured boxes highlight principles of care with Teamwork and Time

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PROP - PCT Respiratory Therapy Custom E-Book
Anthem, 2014-04-25 PROP PCT Respiratory Therapy Custom E Book Dental Hygiene - E-Book Margaret Walsh, Michele Leonardi Darby, 2014-04-15 Emphasizing evidence based research and clinical competencies Dental Hygiene Theory and Practice 4th Edition provides easy to understand coverage of the dental hygienist's roles and responsibilities in today's practice It offers a clear approach to science and theory a step by step guide to core dental hygiene procedures and realistic scenarios to help you develop skills in decision making New chapters and content focus on evidence based practice palliative care professional issues and the electronic health record Written by Michele Leonardi Darby Margaret M Walsh and a veritable Who's Who of expert contributors Dental Hygiene follows the Human Needs Conceptual Model with a focus on client centered care that takes the entire person into consideration UNIQUE Human Needs Conceptual Model framework follows Maslow's human needs theory helping hygienists treat the whole patient not just specific diseases Comprehensive coverage addresses the need to know issues in dental hygiene from the rationale behind the need for dental hygiene care through assessment diagnosis care planning implementation pain and anxiety control the care of individuals with special needs and practice management Step by step procedure boxes list the equipment required and the steps involved in performing key procedures Rationales for the steps are provided in printable PDFs online Critical Thinking exercises and Scenario boxes encourage application and problem solving and help prepare students for the case based portion of the NBDHE Client Education boxes list teaching points that the dental hygienist may use to educate clients on at home daily oral health care High quality and robust art program includes full color illustrations and clinical photographs as well as radiographs to show anatomy complex clinical procedures and modern equipment Legal Ethical and Safety Issues boxes

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Dorothy R. Marlow,1988 This textbook of paediatric nursing is revised from the previous edition **Cardiology for the Primary Care Physician** Joseph Alpert,2000-06 A variety of cardiovascular illnesses are now being encountered with surprising frequency in many general adult medical practices With contributions from 70 top experts Cardiology for the Primary Care Physician provides complete coverage of the appropriate diagnostic and therapeutic approaches to patients with cardiovascular diseases in one easy to use source In 46 chapters the primary care physician can find information on all types of cardiovascular illnesses such as infectious myocarditis cardiac arrhythmias pheochromocytoma and hypertrophic cardiomyopathy The many charts tables and diagrams as well as a special color plates section enhance understanding and bring the text to life Key points at the beginning of each chapter together with extensive references and recommended reading lists make this text an ideal work companion **Prehospital Emergency Care** Joseph J. Mistovich,Brent Q.

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Review Annual Joyce M. Wilson, 2002-06
Nurses, 1983

High Risk Perinatal Nursing American Association of Critical-Care

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