

# 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 your surroundings for safety. If you are in danger, call 9-1-1 first.

### 2 CHECK FOR RESPONSIVENESS



Ask, "Are you okay?" Tap other person's shoulder and shout, "Are you okay?"

### 3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall.

### 4 CALL 9-1-1



If no response, call 9-1-1. If you are alone, start CPR immediately and call 9-1-1 as soon as possible. If you are not alone, start CPR immediately and call 9-1-1 after 2 minutes of CPR.

### 5 START CPR



Use hands only CPR. If you are trained, use rescue breathing and compression.

## ADULT

STEP 1: HOW TO PERFORM (ADULTS - 18+ YRS)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (ADULTS)

### 3 GIVE CHEST COMPRESSIONS



STEP 3: HOW TO HELP A CONSCIOUS ADULT



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This action is limited to 5 minutes.  
If abdominal thrusts do not dislodge the object, call 9-1-1 and begin CPR.

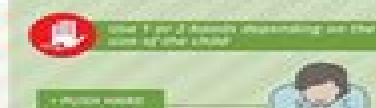
STEP 4: HOW TO HELP A CONSCIOUS ADULT



## CHILD

STEP 1: HOW TO PERFORM (CHILDREN - 1-11 YRS)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (CHILDREN)

### 3 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This action is limited to 5 minutes.  
If abdominal thrusts do not dislodge the object, call 9-1-1 and begin CPR.

STEP 4: HOW TO HELP A CONSCIOUS CHILD



## INFANT

STEP 1: HOW TO PERFORM (INFANTS - 1 MO - 1 YR)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (INFANTS)

### 3 GIVE BACK BLOWS



### 4 GIVE CHEST THRUSTS



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

This action is limited to 5 minutes.  
If abdominal thrusts do not dislodge the object, call 9-1-1 and begin CPR.

STEP 4: HOW TO HELP A CONSCIOUS INFANT



## PET

STEP 1: HOW TO PERFORM PET CPR

### 1 CHECK FOR BREATHING AND A PULSE



### 2 IF NO PULSE, START CPR



STEP 2: HOW TO PERFORM PET CPR

### 3 RESCUE BREATHS



### 4 CONTINUE RESCUE BREATHS UNTIL:

This action is limited to 5 minutes.  
If abdominal thrusts do not dislodge the object, call 9-1-1 and begin CPR.

STEP 4: HOW TO HELP A CONSCIOUS PET



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 Guide Sheets 2013

**Christian Drosten**

## Cpr Guide Sheets 2013:

"*Code of Massachusetts regulations, 2013*" ,2013 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020    *The Royal Marsden Manual of Clinical Nursing Procedures, Student Edition* Sara Lister,Justine Hofland,Hayley Grafton,Catherine Wilson,2021-06-01 The student edition of The Royal Marsden Manual of Clinical Nursing Procedures has been the definitive market leading textbook of clinical nursing skills for fifteen years This internationally best selling title sets the gold standard for nursing care providing the procedures rationale and guidance required by pre registration students to deliver clinically effective patient focused care with expertise and confidence With over two hundred detailed procedures which reflect the skills required to meet The Standards of Proficiency for Registered Nurses NMC 2019 this comprehensive manual presents the evidence and underlying theory alongside full colour illustrations and a range of learning activities designed to support student nurses in clinical practice Loved and trusted by millions The Royal Marsden Manual of Clinical Nursing Procedures Student Edition continues to be a truly indispensable textbook for students and includes coverage of patient assessment and discharge planning communication infection prevention and control perioperative care wound management nutrition diagnostic testing medicines management and much more Learning features in this revised tenth edition include Learning outcomes summarise the focus of the information in each chapter Learning in practice asks you to consider issues within your practice environment Case studies provide learning around a particular patient scenario Clinical applications ask you to consider how you would apply your knowledge to a clinical situation Stretch activities challenge you with more nuanced advanced issues to reflect upon Many of the features in the book are relevant to trainee nursing associates especially when used in conjunction with supervision from academic and clinical teachers A companion website to this title is available at [www.royalmarsdenmanual.com/student10e](http://www.royalmarsdenmanual.com/student10e)    *Foundations and Adult Health Nursing - E-Book* Kim Cooper,Kelly Gosnell,2014-10-01 An all inclusive guide to fundamentals and medical surgical nursing for the LPN LVN Foundations and Adult Health Nursing 7th Edition covers the skills you need for clinical practice from anatomy and physiology to nursing interventions and maternity neonatal pediatric geriatric mental health and community health care Guidelines for patient care are presented within the framework of the five step nursing process Nursing Care Plans are described within a case study format to help you develop skills in clinical decision making Written by Kim Cooper and Kelly Gosnell this text includes all of the content from their Foundations of Nursing and Adult Health Nursing books including review questions to help you prepare for the NCLEX PN examination Full color step by step instructions for over 100 skills show nursing techniques and procedures along with rationales for each The 5 step Nursing Process connects specific disorders to patient care with a summary at the end of each chapter Nursing Care Plans emphasize patient goals and outcomes within a case study format and promotes clinical decision making with critical thinking questions at the end of each care plan Clear coverage of

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**Handbook of Military Psychology** Stephen V. Bowles,Paul T. Bartone,2017-12-05 This expert compendium surveys the current state of military psychology across the branches of service at the clinical research consulting and organizational levels Its practical focus examines psychological adjustment pre and post deployment commonly encountered conditions e g substance abuse and the promotion of well being sleep mindfulness and resilience training Coverage pays particular attention to uses of psychology in selection and assessment of service personnel in specialized positions and training concerns for clinicians and students choosing to work with the military community Chapters also address topics of particular salience to a socially conscious military including PTSD sexual harassment and assault women s and LGBT issues suicide prevention and professional ethics Among the specific chapters topics covered Military deployment psychology psychologists in the forward environment Stress and resilience in married military couples Assessment and selection of high risk operational personnel processes procedures and underlying theoretical constructs Understanding and addressing sexual harassment and sexual assault in the US military Virtual reality applications for the assessment and treatment of PTSD Plus international perspectives on military psychology from China Australia India and more Grounding its readers in up to date research and practice Military Psychology will assist health psychologists clinical psychologists psychiatrists and clinical social workers in understanding and providing treatment for military populations veterans and their families as well as military psychologists in leadership and consulting positions

Foundations of Nursing - E-Book Kim Cooper,Kelly Gosnell,2014-07-24 NEW Reorganized chapters make it easier to follow and understand

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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 *Nancy Caroline's Emergency Care in the Streets Essentials Package* American Academy of Orthopaedic Surgeons (AAOS),2022-07-29 Nancy Caroline's Emergency Care in the Streets Essentials Package includes ContentInstructionStudent Learning MaterialsTextbookInstructor GuidePractice Activities Audiobook Assessments Analytics Slides Only available when assigned by instructors Nancy Caroline's Emergency Care in the Streets Ninth Edition is the newest evolution of the premier paramedic education training program This legendary paramedic textbook was first developed by Dr Nancy Caroline in the early 1970s and transformed paramedic education Today lead editors Bob Elling and Barb Aehlert along with the American Academy of Orthopaedic Surgeons are proud to continue this legacy and set the new gold standard for the paramedics of tomorrow The Ninth Edition offers cutting edge evidence based content that meets or exceeds the most current scientific recommendations developed by the International Liaison Committee on Resuscitation ILCOR and the ECC Guidelines established by the American Heart Association and other resuscitation councils around the world Clear chapter objectives align with the 2019 National EMS Scope of Practice Model and 2021 EMS Education Standards Thoroughly reviewed by medical doctors and subject matter experts the Ninth Edition teaches students the technical skills required of today's paramedic while emphasizing other important professional attributes including critical thinking empathy teamwork communication problem solving and personal well being Taking a systemic approach to the assessment and management of traumatic and medical emergencies and devoting entire chapters to special topics such as mass casualty incidents the Ninth Edition covers the full scope of paramedic practice Some of the key high level updates to the Ninth Edition include the following Language carefully reviewed throughout text to ensure gender neutrality racial inclusivity and nonstigmatizing descriptions of patient conditions NEW Street Smarts boxes throughout the text to emphasize the soft skills expected of today's paramedics Images updated to reflect appropriate PPE in the current COVID 19 setting Added emphasis on current spinal motion restriction guidelines Thoroughly reviewed and updated references statistics and case studies CPR and ACLS algorithms updated throughout text to reflect the current AHA guidelines 2023 2400 pages **Elsevier's Canadian Comprehensive Review for the NCLEX-RN Examination - E-Book** Linda Anne Silvestri,Angela Silvestri,2021-06-14 Prepare for success on the NCLEX RN exam with the review book written for Canadian nursing students Elsevier's Canadian Comprehensive Review for the NCLEX RN Examination 2nd Edition provides everything you need to prepare for the NCLEX exam complete content review and more than 5 000 NCLEX

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## **Table of Contents Cpr Guide Sheets 2013**

1. Understanding the eBook Cpr Guide Sheets 2013

- The Rise of Digital Reading Cpr Guide Sheets 2013
- Advantages of eBooks Over Traditional Books

2. Identifying Cpr Guide Sheets 2013

- Exploring Different Genres
- Considering Fiction vs. Non-Fiction
- Determining Your Reading Goals

3. Choosing the Right eBook Platform

- Popular eBook Platforms
- Features to Look for in an Cpr Guide Sheets 2013
- User-Friendly Interface

4. Exploring eBook Recommendations from Cpr Guide Sheets 2013

- Personalized Recommendations
- Cpr Guide Sheets 2013 User Reviews and Ratings
- Cpr Guide Sheets 2013 and Bestseller Lists

5. Accessing Cpr Guide Sheets 2013 Free and Paid eBooks

- Cpr Guide Sheets 2013 Public Domain eBooks
- Cpr Guide Sheets 2013 eBook Subscription Services
- Cpr Guide Sheets 2013 Budget-Friendly Options

6. Navigating Cpr Guide Sheets 2013 eBook Formats

- ePub, PDF, MOBI, and More
- Cpr Guide Sheets 2013 Compatibility with Devices
- Cpr Guide Sheets 2013 Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Cpr Guide Sheets 2013
- Highlighting and Note-Taking Cpr Guide Sheets 2013
- Interactive Elements Cpr Guide Sheets 2013

8. Staying Engaged with Cpr Guide Sheets 2013

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Cpr Guide Sheets 2013

9. Balancing eBooks and Physical Books Cpr Guide Sheets 2013
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Cpr Guide Sheets 2013
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Cpr Guide Sheets 2013
  - Setting Reading Goals Cpr Guide Sheets 2013
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Cpr Guide Sheets 2013
  - Fact-Checking eBook Content of Cpr Guide Sheets 2013
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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