



CPR & Lifesaving

STEP-BY-STEP GUIDE FOR HANDLING MEDICAL EMERGENCIES & TRAUMA INJURIES

BASICS

Chain of Survival

- Early recognition of an emergency
- Early access to help
- Early cardiopulmonary resuscitation (CPR)
- Early defibrillation with an automated external defibrillator (AED)
- Prompt emergency medical service (EMS) response

CPR & First-Aid Training

- Courses are available through the American Heart Association, the American Red Cross, hospitals, and fire departments.
- Although you can provide CPR and first aid to a person without taking a course, proper skills and knowledge allow you to provide the best care to an injured or sick person.

Good Samaritan Law

- A Good Samaritan law is provided by each state to protect individuals who help people in medical emergencies.
- A Good Samaritan is someone who renders aid or assistance in an emergency when he/she is not legally obligated to do so (e.g., a driver who stops to help at the scene of a motor vehicle accident).

assistance in an emergency when he/she is not legally obligated to do so (e.g., a driver who stops to help at the scene of a motor vehicle accident).

- Unless there is negligence or malicious intent, a Good Samaritan is protected from being held liable for the injury or death of the injured person.

- Check the specifics of the Good Samaritan law in your state.

Consent

- Consent means permission. An adult, if conscious, must give his/her permission to receive medical care.
- If an adult is unconscious, consent is implied. You do not need the person's permission to provide emergency care, such as CPR.
- If an infant or child is unconscious and the parent or guardian is nowhere to be found, consent is also implied.
- If the parent or guardian of the infant or child is present, you must ask for consent before providing medical care, including CPR.

Emergency Scene Evaluation

- Is the scene safe? Making this decision to act is often a difficult decision. Your personal safety and that of your family members should always come first. Look for hazards that could be dangerous (e.g., traffic, electrical wires, flooding, other people).
- What happened? Is it a car crash, an explosion, a fire, a child who was hit while riding a bicycle, a person who has suffered a heart attack or stroke, or something else?
- How many people are injured? This will help determine the need for additional resources when calling for help.

Calling for Help

- Call 911. If your area does not have 911 service, know the appropriate phone numbers for police, fire, and EMS.
- Call Poison Control, if needed. In the United States, call 1-800-222-1222.
- Call your family physician or pediatrician and any specialists that your family members see.

CPR

Cardiopulmonary arrest is when a person's heart stops beating and breathing ceases. When assessing a person, you should look for no breathing or abnormal breathing (only slow gasps for breath), no movement, and no response to touch or verbal cues. CPR may be indicated if a person suffers from a heart attack, trauma, drowning, poisoning, shock, or a critical airway system injury. CPR should be started immediately, even if there is a question about duration or viability. Resuscitation should be continued until medical help arrives or you become too exhausted to perform CPR.

Adult CPR (18 Years or Older)

1. Make sure the scene is safe.
2. Check to see if the person is responsive. Tap the person's shoulder and shout, "Are you OK?"
3. Check for breathing. Is the person not breathing or breathing abnormally (only slow gasps for breath)? Slow gasps for breath indicate a lack of adequate breathing and a need for CPR.
4. Call for help, call 911, and get an AED.
5. Place the person facing on a firm, flat surface.
6. Begin the C-A-B steps for CPR (see steps 7-9).
7. **C-Compressions:**
 - A. Position your hands:
 - Place 1 hand on top of the other on the lower half of the breastbone in the center of the chest (at the middle of the nipple line).
 - Keep your elbows straight.
 - B. Provide 30 chest compressions at a rate of at least 100 compressions per minute.
 - Push hard and fast.
 - Compress the chest at least 2 inches (5 cm).
 - Allow time for the chest to recoil between compressions.
8. **A-Airway:** Open the airway.
 - A. Use the head tilt–chin lift method.
 - B. Use the jaw thrust method if you suspect head or neck injury.
9. **B-Breathing:** Use mouth-to-mouth, a barrier device, or a face mask.
 - A. Give 2 breaths.
 - B. Watch the chest rise.
10. Continue cycles of 30 compressions to 2 breaths until the person wakes up or an AED or EMS arrives.
11. If the person is unresponsive but breathing normally, place the person in the recovery position and monitor closely.

Child CPR (1–8 Years Old)

1. Make sure the scene is safe.
2. Check to see if the child is responsive. Tap the child's shoulder and shout, "Are you OK?"
3. Check for breathing. Is the child not breathing or breathing abnormally (only slow gasps for breath)? Slow gasps for breath indicate a lack of adequate breathing and a need for CPR.
4. If you are alone, perform CPR for 5 cycles or about 2 minutes prior to calling for help. If a second rescuer is available, have him/her call 911 and get an AED.
5. Place the child facing on a firm, flat surface.
6. Begin the C-A-B steps for CPR (see steps 7-9).
7. **C-Compressions:**
 - A. Position your hands:
 - Place 1 or 2 hands on the lower half of the breastbone in the center of the chest (at the middle of the nipple line). For larger children, you may have to use both hands.
 - Keep your elbows straight.
 - B. Provide 30 chest compressions at a rate of at least 100 compressions per minute.
 - Push hard and fast.
 - Compress the chest at least 2 inches (5 cm) or 1/3 the depth of the chest.
 - Allow time for the chest to recoil between compressions.
8. **A-Airway:** Open the airway.
 - A. Use the head tilt–chin lift method.
 - B. Use the jaw thrust method if you suspect head or neck injury.
9. **B-Breathing:** Use mouth-to-mouth, a barrier device, or a face mask.
 - A. Give 2 breaths.
 - B. Watch the chest rise.
10. Continue cycles of 30 compressions to 2 breaths until the child wakes up or an AED or EMS arrives.
11. If the child is unresponsive but breathing normally, place the child in the recovery position and monitor closely.

Infant CPR (Less Than 1 Year Old)

1. Make sure the scene is safe.
2. Check to see if the infant is responsive. Tap the infant's foot and look for movement.
3. Check for breathing. Is the infant not breathing or breathing abnormally (only slow gasps for breath)? Slow gasps for breath indicate a lack of adequate breathing and a need for CPR.
4. If you are alone, perform CPR for 5 cycles or about 2 minutes prior to calling for help. If a second rescuer is available, have him/her call 911 and get an AED.
5. Place the child facing on a firm, flat surface.
6. Begin the C-A-B steps for CPR (see steps 7-9).
7. **C-Compressions:**
 - A. Position your hands:
 - Place 2 fingers of 1 hand on the lower half of the breastbone in the center of the chest just below the nipple line.
 - Keep your elbows straight.
 - B. Provide 30 chest compressions at a rate of at least 100 compressions per minute.
 - Push hard and fast.
 - Compress the chest at least 1.5 inches (4 cm) or 1/3 the depth of the chest.
 - Allow time for the chest to recoil between compressions.
8. **A-Airway:** Open the airway.
 - A. Use the head tilt–chin lift method.
 - B. Use the jaw thrust method if you suspect head or neck injury.
9. **B-Breathing:** Use mouth-to-mouth, a barrier device, or a face mask.
 - A. Give 2 breaths.
 - B. Watch the chest rise.
10. Continue cycles of 30 compressions to 2 breaths until the infant wakes up or an AED or EMS arrives.
11. If the infant is unresponsive but breathing normally, place the infant in the recovery position and monitor closely.

The recovery position allows the airway to stay open. It also allows gravity to help keep the airway clear of vomit, mucus, saliva, etc.



TIP Cardiac arrest in infants and children is usually due to a breathing problem and not heart related. That is why you begin CPR immediately for 5 cycles or about 2 minutes before calling for help. This allows oxygen to circulate more quickly.

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. Ferguson Publishing, Ferguson, D.B.

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CPR and Lifesaving BarCharts, Inc, Shirley A. Jones, 2012-12-31 Making the decision to help in an emergency situation is often a difficult choice Be prepared for emergencies with the help of our CPR Lifesaving QuickStudy R guide Packed with quickly accessible information on different aspects of lifesaving this go to reference will help you respond effectively in an emergency until professional help arrives Learn how to evaluate a scene the steps in CPR and AED use standard precautions and other essential elements in the chain of survival This durable laminated guide also includes illustrations for easy understanding Keep a copy in your home with your camping gear at your office in your car etc so that you will always be prepared

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Simulation and Game-Based Learning in Emergency and Disaster Management Drumhiller, Nicole K., Wilkin, Terri L., Srba, Karen V., 2021-04-02 Simulation and game based learning are essential applications in a learning environment as they provide learners an opportunity to apply the course material in real life scenarios Introducing real life learning allows the learner to make critical decisions at different points within the simulation providing constructive education that leads to a cognitive understanding of the material The use of simulations provides the learner with the ability to cognitively store and recall learning in real life experiences Therefore it is crucial to not only provide course material but to have students apply what they have learned in simulations that replicate real life scenarios These learned skills are essential for students to be marketable and thrive in a career field where decision making problem solving and critical thinking are job requirements Simulation and Game Based Learning in Emergency and Disaster Management is a cutting edge research book that examines the best practices and holistic development when it comes to simulation learning within emergency and disaster management as well as global security Drawing upon the neuroscience of learning classroom instruction can be enhanced to incorporate active experiential learning activities that positively impact a learner with long term information retention Each simulation project is carried out in different environments with different goals in mind and developed under various constraints For these reasons this book will provide insight into the simulation planning and development process provide examples of online simulations and game based learning activities and provide insight on simulation development and implementation that can be used across disciplines in educational and training settings As such it is ideal for academicians instructional designers curriculum designers education professionals researchers and students

CPR Lifesaving Reference Guide (Speedy Study Guide) Speedy Publishing LLC, 2014-12-04 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 *Newsweek*, 1996

Point-of-Care Ultrasound Techniques for the Small Animal Practitioner Gregory R. Lisciandro, 2021-03-30 Dieses wegweisende Fachbuch wurde gründlich bearbeitet und aktualisiert Präsentiert werden fokussierten Ultraschalluntersuchungen des Abdomens Thorax Bewegungssysteme und des Auges in der veterinärmedizinischen Praxis Auch die 2. Auflage ist das Referenzwerk für gezielte Ultraschalluntersuchungen in der klinischen Praxis Neue Anwendungen werden vorgestellt und weitere Tierarten berücksichtigt Videoclips der verschiedenen Verfahren können auf der begleitenden Website abgerufen werden Gezeigt werden Ultraschallaufnahmen aus der Praxis die als Vergleich dienen können und die Fachrichtung verdeutlichen Die 2. Auflage von Point of Care Ultrasound Techniques for the Small Animal Practitioner enthält neue Kapitel zu ultraschallgestützten Nervenblockaden Ultraschalluntersuchungen des Bewegungsapparats des Gehirns sowie Anwendungsbereiche des Verfahrens bei Katzen Exoten und Meeressäugern Das Buch ist ein Muss für Veterinärmediziner die Ultraschalluntersuchungen in ihrer Praxis anbieten möchten Präsentiert einen Standardansatz für den Einsatz von Ultraschall als Erweiterung der körperlichen Untersuchung bei Traumata sonstigen Ursachen und Monitoring Anwendungen Zeigt neue Verfahren für fokussierte Ultraschalluntersuchungen und der Lunge in der Anästhesie ultraschallgestützten Nervenblockaden bei transkraniellen Bildgebungsverfahren Untersuchungen des Bewegungsapparats zur Evaluation des Volumenstatus und der schnellen Diagnostik bei behandelbaren Schockzuständen Zeigt die Verfahren jetzt auch bei Katzen Exoten Wildtieren und Meeressäugern neben den bisherigen Leitlinien für Hunde Erläutert insbesondere die Vorteile von Ultraschall zur Optimierung der Patientenversorgung und für eine präzise Diagnostik Begleitende Website mit Videoclips zu klinisch relevanten Lernbeispielen Die 2. Auflage von Point of Care Ultrasound Techniques for the Small Animal Practitioner ist ein ausgezeichnetes Referenzwerk für Veterinärmediziner von Veterinärmedizinern für Haustiere bis hin zu Spezialisten in Tierkliniken darunter Tierärzte der Fachrichtungen Innere Medizin Onkologie Kardiologie Notfall und Intensivmedizin Anästhesie Augenheilkunde Fachtierärzte für Exoten und Zootiere sowie für Studenten der Veterinärmedizin

Developing a Security Training Program Joseph McDonald, 2024-07-22 Developing a Security Training Program focuses on how to establish a comprehensive training program for a security department from the ground up This book highlights formal curriculum development consistent and continual training and the organizational benefits including how such security training will be a value add It's long overdue for the industry to revisit old security training models from the past to both general staff as well as to the dedicated security staff and professionals within organizations and examine and revamp such with a fresh perspective Given the current dynamic environment for businesses and the threats businesses face it is important that any such training consider all procedures and policies and be fully integrated into the company culture This includes maintaining

an eye on budgetary and financial costs while recognizing the need to budget for more training resources to maintain resilience and adaptability to current challenges and future changes to the environment There is only one way to prepare your staff and that is through comprehensive and consistent training Developing a Security Training Program provides the blueprint and tools for professionals to provide ongoing targeted and comprehensive security training at a low budget friendly cost

Study Guide for Nairn's Psychology: the Adaptive Mind Janet Proctor,James S. Nairne,2003 The new edition of the Study Guide includes the following for each chapter of the text learning goals mastering the vocabulary fill in the blanks test items mastering the concepts test items questions that are cross referenced with PsychNOW 1 5 and Psyk Trek and a multiple choice evaluating your progress for every main heading in the chapter It will also contain short essay matching and two sets of multiple choice pre tests questions All the test item answers will contain main text page references as well as rejoinders Also included is an update of the language development guide with the phonetic pronunciation of appropriate glossary words Study Guide for Use with Psychology Susan Martin Burns,2004 **Psychology Study Guide** Janet D. Proctor,Proctor, Donald,1999-09-08 **Promotion Fitness Examination Study Guide** ,2003 **How to Guide the Heart from Attack and Disease, CPR Step Guide** Jamal Dyson,2020-01-21 CPR step guide preventive mechanism from heart attack and disease To make a decision to help in an emergency situation is often a difficult choice Be prepared for emergencies with the help of our CPR Lifesaving Quick Study guide Packed with quickly accessible information on different aspects of lifesaving this go to reference will help you respond effectively in an emergency until professional help arrives Learn how to evaluate a scene the steps in CPR and AED use standard precautions and other essential elements in the chain of survival This durable laminated guide also includes illustrations for easy understanding Keep a copy in your home This book is here to guide you along every step of the learning process Learn about restoration detection and how you can avoid potential risks This guide is easy to understand for anyone who has never attempted compression with heel Learn about this process Everything included inside this book guarantees a graded label using no restoration techniques or tricks You are guaranteed to improve the condition and grade of heart condition using the procedures outlined in this guide

First Responder David Schottke,2007 The Only First Responder Training Program Endorsed By A National Organization First Responder Fourth Edition Continues With An Assessment Based Approach To First Responder Training The Fourth Edition Fully Integrates The 2005 CPR And ECC Guidelines And Includes New Chapters On Communications And Documentation Geriatric Emergencies And Terrorism Awareness Designed To Meet The Needs Of Law Enforcement Personnel Fire Fighters Rescue Squad Personnel Athletic Trainers College Students And Laypersons The New Features Found In The Fourth Edition Will Help Students Take The Next Step Toward Becoming Outstanding First Responders These Features Include Endorsement By The American Academy Of Orthopaedic Surgeons You Are The Provider Attention Grabbing Case Studies Found In Every Chapter Special Population Tips Disucssing The Specific Needs And Emergency Care

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Evaluation of Paramedic Services for Cardiac Arrest ,1982 CDA Journal California Dental Association,1976 Office Emergency Procedures Robert M. Howell,1979 **The Mirror** ,1983 Dealing with Emergencies ,1980 *The Prehospital Care System* Charles R. McElroy,Knut F. Eie,1980 **From High School to Work** . Ferguson Publishing,Ferguson, D.B.,1998 Provides in depth information about 150 careers that do not require a four year college degree including aircraft mechanic dental assistant jeweler paralegal and teacher aide discussing the nature of each job requirements advancement methods of entering and conditions of work

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Table of Contents Cpr And Lifesaving Quick Study

1. Understanding the eBook Cpr And Lifesaving Quick Study
 - The Rise of Digital Reading Cpr And Lifesaving Quick Study
 - Advantages of eBooks Over Traditional Books
2. Identifying Cpr And Lifesaving Quick Study
 - 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 And Lifesaving Quick Study
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cpr And Lifesaving Quick Study
 - Personalized Recommendations

- Cpr And Lifesaving Quick Study User Reviews and Ratings
- Cpr And Lifesaving Quick Study and Bestseller Lists
- 5. Accessing Cpr And Lifesaving Quick Study Free and Paid eBooks
 - Cpr And Lifesaving Quick Study Public Domain eBooks
 - Cpr And Lifesaving Quick Study eBook Subscription Services
 - Cpr And Lifesaving Quick Study Budget-Friendly Options
- 6. Navigating Cpr And Lifesaving Quick Study eBook Formats
 - ePub, PDF, MOBI, and More
 - Cpr And Lifesaving Quick Study Compatibility with Devices
 - Cpr And Lifesaving Quick Study Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cpr And Lifesaving Quick Study
 - Highlighting and Note-Taking Cpr And Lifesaving Quick Study
 - Interactive Elements Cpr And Lifesaving Quick Study
- 8. Staying Engaged with Cpr And Lifesaving Quick Study
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cpr And Lifesaving Quick Study
- 9. Balancing eBooks and Physical Books Cpr And Lifesaving Quick Study
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cpr And Lifesaving Quick Study
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Cpr And Lifesaving Quick Study
 - Setting Reading Goals Cpr And Lifesaving Quick Study
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Cpr And Lifesaving Quick Study
 - Fact-Checking eBook Content of Cpr And Lifesaving Quick Study

- 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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