

# 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 no response, call 9-1-1 or your emergency responder. If you are alone, you must call 9-1-1 first and then perform CPR.

### 5 START CPR



If not breathing and no response

## ADULT

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

- 1. GIVE 30 CHEST COMPRESSIONS**
  - Push hard
  - Push fast
- 2. GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat the cycle until help arrives, but always recommended for child and infant CPR

## CHILD

**STEPS FOR HOW TO PERFORM CHILD CPR (1 YEAR - 12 YEARS)**

- 1. GIVE 30 CHEST COMPRESSIONS**
  - Use 1 or 2 hands depending on the size of the child
  - Push hard
  - Push fast
- 2. GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

## INFANT

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

- 1. GIVE 30 CHEST COMPRESSIONS**
  - Use 2 fingers
  - Push hard, push fast
- 2. GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat the cycle until help arrives, but always recommended for child and infant CPR

## PET

**STEPS FOR HOW TO PERFORM PET CPR**

- 1. CHECK FOR BREATHING AND A PULSE**
  - Check pulse: Artery where your pulse, usually at the side of the neck
  - Check breathing: Look for chest rise and fall
- 2. IF NO PULSE, START CPR**
  - Give 30 chest compressions
  - Give 2 rescue breaths
- 3. RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths
- 4. CONTINUE COMPRESSIONS UNTIL:**
  - The victim 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

# Cpr First Aid Study Guide 2015

**Heidi McHugh Pendleton, Winifred  
Schultz-Krohn**



## **Cpr First Aid Study Guide 2015:**

*ACLS Study Guide - E-Book* Barbara J Aehlert, 2021-08-05 NEW Updated content includes the latest guidelines from the American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations NEW 20 new illustrations are added to the book s hundreds of illustrations **A TEXTBOOK OF**

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Elkayam, 2019-11-25 Cardiac Problems in Pregnancy offers clinicians the most detailed and comprehensive guide to diagnosing and managing pregnancy associated cardiovascular diseases currently available Covering a wide spectrum of congenital and acquired cardiovascular conditions its extensive contents examine diseases of the heart with an expert awareness of the implications of pregnancy and the attendant physiological changes it brings Such guidance is vitally required in an age in which congenital and acquired heart diseases are the leading causes of non obstetrical maternal morbidity and mortality Featuring 36 new or extensively revised chapters this fourth edition of the book complements coverage of the latest research and clinical advances with a complete and up to date bibliography of literature on pregnancy in women with cardiovascular conditions It also serves as a practical step by step companion for those caring for heart disease patients during pregnancy labor and the post partum period Contents include Coverage of all elements of maternal cardiology Newly written chapters featuring fresh research and data Guidance on performing risk assessments and interventions both prior to and during gestation Explanations of a range of diagnostic and therapeutic approaches to cardiovascular disease in pregnant patients Drawing on expertise from across the fields of cardiovascular medicine obstetrics anesthesiology cardiac surgery pharmacology and clinical science Cardiac Problems in Pregnancy is designed to give invaluable support to all medical professionals involved in maximizing the safety and success of cardiologically complex pregnancies **Pedretti's Occupational Therapy - E-Book** Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2017-03-10 NEW Coverage of the Occupational Therapy Practice Framework OTPF 3 increases your understanding of the OTPF 3 and its relationship to the practice of occupational therapy with adults who have physical disabilities NEW All new section on the therapeutic use of self which the OTPF lists as the single most important line of intervention occupational therapists can

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Hawkins,2017-10-16 Wilderness EMS is designed for EMS providers and leaders who deliver medical care in the wilderness and those practicing wilderness medicine as part of a formal team The textbook is a comprehensive expertly written reference ideal for this fast changing and multidisciplinary specialty This first of its kind text provides specialized instruction and best practices for wilderness EMS practitioners and students crucial information for the success of today s rescue missions A strong foundation in evidence based medicine clinical experience and field applicability makes it especially useful for any EMS provider in a wilderness environment *Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 9th edition* Judith E. Tintinalli,O. John Ma,Donald Yealy,Garth D. Meckler,J. Stephan Stapczynski,David M. Cline,Stephen H. Thomas,2019-10-22 Publisher s Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product The long awaited new edition of the world s most widely used and highly regarded textbook and reference of emergency medicine A Doody s Core Title for 2019 Tintinalli s Emergency Medicine is THE essential resource for everyone working in and teaching emergency medicine The

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Reichman, 2018-12-25. The most clear, complete, and easy to understand review of emergency medicine procedures, enhanced by an animation library and more than 1,500 full-color photographs. Doody's Core Titles for 2021. Reichman's Emergency Medicine Procedures, Third Edition, is written to provide a detailed step-by-step approach to more than 200 procedures performed in an emergency or acute care setting. This trusted classic will provide medical students, residents, advanced practice clinicians, and the seasoned emergentologist with a reliable one-stop procedural reference on which to base clinical practices and technical skills. The Third Edition is enhanced by added chapters, algorithms, clinical pictures, radiographs, tables, and coverage of cutting-edge technological advancements. Features: Organized into 16 sections, each representing an organ system, an area of the body, or a surgical specialty. Each chapter is devoted to a single procedure. Chapters have a similar format that encompasses relevant anatomy and pathophysiology, indications, and contraindications for the procedure.

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**A Practice of Anesthesia for Infants and Children, E-Book** Charles J. Cote, Jerrold Lerman, Brian Anderson, 2024-05-18 Selected for 2025 Doody's Core Titles in Anesthesiology Pain Medicine Covering everything from preoperative evaluation to neonatal emergencies to the PACU Cot Lerman and Anderson's A Practice of Anesthesia in Infants and Children 7th Edition features state of the art advice on the safe effective administration of general and regional anesthesia and sedation strategies for young patients This text reviews underlying scientific information addresses preoperative assessment and anesthesia management in detail and provides guidelines for postoperative care emergencies and special procedures Comprehensive in scope and thoroughly up to date this edition delivers unsurpassed coverage of every key aspect of pediatric anesthesia Presents must know information on standards techniques and the latest advances in pediatric anesthesia from global experts in the field Contains thoroughly updated content throughout with new contributors to lend a fresh perspective updated figures and tables and the latest information on perioperative fluid management pharmacology interventional devices resuscitation and more Covers key topics such as anesthetizing children with cancer neonatal and pediatric emergencies the obese child and bariatric surgery interventional devices for children with congenital heart defects cardiopulmonary resuscitation simulation in pediatric anesthesia patient safety and quality assurance and more Features an extensive video library of pediatric anesthesia procedures particularly difficult airway management strategies new positioning devices cardiac assist devices in action management of burn injuries how to perform ultrasound guided regional anesthesia blocks and techniques and much more Essentials chapters provide focused input from expert subspecialty pediatricians who share the latest information concerning hematology pulmonology oncology hepatology nephrology and neurology Includes a laminated pocket reference guide with essential practical information and key references at the end of each chapter that provide a quick summary for review

**Tintinalli's Emergency Medicine: A Comprehensive Study Guide, Seventh Edition** Judith Tintinalli, J. Stapczynski, O. John Ma, David Cline, Rita Cydulka, Garth Meckler, 2010-11-12 The landmark emergency medicine text is now in full color 17 additional chapters available for download With 418 contributors representing over 120 medical centers around the world Tintinalli's Emergency Medicine is the most practical and clinically rigorous reference of its kind It covers everything from prehospital care disaster preparedness and basic resuscitative

techniques to all the major diseases requiring emergency treatment such as pulmonary emergencies renal and GU disorders and hemophilia This authoritative in depth coverage makes this classic text indispensable not only in emergency departments but also for residents and practitioners when studying or preparing for any exam they may face While continuing to provide the most current information for acute conditions the seventh edition of Tintinalli's Emergency Medicine has been substantially revised and updated to cover all of the conditions for which patients seek emergency department care in a concise and easy to read manner NEW Features Full color design with more figures and tables than ever Reader friendly chapter presentation makes it easy to find important material Updated tables covering drugs and important clinical information Patient safety considerations and injury prevention are integrated into chapters as appropriate Total revision of the dermatology section enables diagnosis by lesion description and body area affected and provides current treatment Organ systems sections reorganized to reflect considerations for actual clinical practice New chapters New adult chapters include Natural Disasters Aneurysms of the Aorta and Major Arteries Hip and Knee Pain Aortic Dissection Acute Urinary Retention Subarachnoid Hemorrhage and Intracranial Bleeding Clotting Disorders Community acquired Pneumonia and Noninfectious Pulmonary Infiltrates Type I Diabetes Type II Diabetes Anemia Tests of Hemostasis Clotting Disorders Head Injury in Adults and Children the Transplant Patient Grief Death and Dying and Legal Issues in Emergency Medicine Twelve new pediatric chapters including The Diabetic Child Hematologic Oncologic Emergencies Ear and Mastoids Eye Problems in Infants and Children Neck Masses GI Bleeding Nose and Sinuses Urologic and Gynecologic Procedures in children Renal emergencies in children Behavioral and Psychiatric Disorders in children Pediatric Procedures Pediatric ECG Interpretation Greater coverage of procedures throughout for the most common conditions seen in the emergency department Available content for download includes an additional 17 chapters such as Hyperbaric Oxygen Therapy Principles of Imaging Prison Medicine Military Medicine The Violent Patient Forensics Wound Ballistics and Drug Interactions Free downloads also feature videos and animations for teaching and learning performance of important procedures especially Ultrasound Guided Procedures

**California State Publications** California State Library, California State Library. Government Publications Section, 1981 *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

**Oregon Administrative Rules Compilation**, 2015 **AIIMS Annual Report** All-India Institute of Medical Sciences, 2014 **Official Guide to Undergraduate Nursing Schools**, 2000 An NLN publication including profiles of two year three year and four year nursing schools *Official Guide to Undergraduate and Graduate Nursing Schools*, 2000 CD contains in depth descriptions of each school search by state program type and specialty easy to use built in school to school comparison feature Emergency Medical Services, 1995 **First Aid and CPR Guide** Aaos

American Academy of Orthopaedic Surgeons,2016-10-27 Based on the 2015 International Consensus Guidelines for Cardiopulmonary Resuscitation CPR and Emergency Cardiac Care ECC First Aid and CPR Guide Seventh Edition is an excellent resource for action at common emergencies This quick reference gives you the tools necessary to prevent and minimize injury provide comfort and maximize care until expert care arrives This guide is perfect for anybody who wants quick portable access to vital first aid and basic life support information in place of or in addition to taking a formal first aid or CPR course The First Aid and CPR Guide Seventh Edition may be used within first aid and CPR refresher training courses offered through the Emergency Care Safety Institute ECSI Please note ECSI digital course completion cards are not included

**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 *First Aid Guide (Reference & Study Guide) (Speedy Study Guide)* Speedy Publishing,2014-12-07 No one ever wants to think of being in a situation where you have to have a first aid kit but more than likely there is going to be a time when you or someone you are with is going to be in need of one A good first aid kit has bandages that can stop bleeding until you can seek medical care It also has a variety of other products in case of a minor burn scrap or even a bite It is always good to have as you never know when an emergency will arise **Recording for the Blind & Dyslexic, ... Catalog of Books** ,1996

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