

CPR At A Glance

CHECK ✓

- ▼ Check the scene for safety
- ▼ Check the victim for consciousness, breathing, signs of life, and severe bleeding (see bottom of sheet)

CALL ☎

- ▼ Dial 9-1-1 or local emergency number

CARE

- ▼ Care for conditions you find



Check the Victim

If unconscious adult, call 9-1-1 immediately



step **1**

Use basic precautions to prevent disease transmission. Tap and shout to see if the person responds

If no response...



step **2**

Look, listen, and feel for breathing for about 10 seconds in the position you found the victim

If the person is not breathing or you can't tell...



step **3**

Position victim on back while supporting head and neck



step **4**

Tilt head back and lift the chin



step **5**

Look, listen, and feel for breathing for about 10 seconds

If not breathing...



step **6**

Give two slow breaths. Pinch the nose and seal the lips



step **7**

Check for signs of circulation for no more than 10 seconds (child and infant only)



step **8**

Check for severe bleeding

DO NOT MOVE THE VICTIM unless it is absolutely necessary

SIGNS OF LIFE include normal breathing, coughing or movement in response to rescue breaths and a pulse*****

Rescue Breathing

Infant and Child

When breathing is too fast, slow, noisy, or painful, **CALL 9-1-1 IMMEDIATELY!**



step **1**

With head tilted back, pinch nose shut



step **2**

CHILD/INFANT: Give 1 slow breath about every 3 seconds



step **3**

Recheck pulse every 2 minutes or 40 breaths

Choking

Conscious Adult & Child



step **1**

Obtain consent. Confirm choking



step **2**

Position legs. Position hands. Lean victim forward/give 5 back blows

step **3**

Give 5 quick upward thrusts. Repeat until object is coughed up and person breathes on their own or person becomes unconscious

Choking

Unconscious Adult & Child



step **1**

Attempt to give breaths. Re-tilt the head and if you can't get air in, reattempt breaths



step **2**

If air does not go in... position hands on chest



step **3**

Position shoulders over hands... Give 30 CPR compressions for an adult or child



step **4**

Sweep out the mouth by lifting lower jaw and tongue if you see something. Attempt breaths. Repeat cycle of compressions, sweeps, and breaths until you can breathe air into the victim.

Current Cpr Guidelines 2013 Red Cross

James Hubbard

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name James Hubbard.

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"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 *Emergency Aid* Leavitt Amie,2014-06-10 *Emergency Aid* explores the the world response to natural disasters and war and the people and organizations that are working to help people in need This title also focuses on people who have been helped the progress that has already been made and the challenges still left to be met The young reader analyzes the stories and develops their own opinion of what can be done to effectively respond to disasters The book has been developed to address many of the Common Core specific goals higher level thinking skills and progressive learning strategies from informational texts for middle grade and junior high level students *WHO neonatal resuscitation manikin* ,2021-10-15 The United Nations Commission on Life Saving Commodities UNCLSC 2012 defined 13 health products to end preventable deaths of woman and children One of those 13 products is the neonatal resuscitator is indispensable medical device to save newborns from asphyxia at birth For the efficient use of neonatal resuscitation training of healthcare professionals using neonatal 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 **Code of Federal Regulations** ,2016 Special edition of the Federal Register containing a codification of documents of general applicability and future effect with ancillaries *Fitness Professional's Handbook* Barbara A. Bushman,2024-04-09 With a newly restructured framework that strongly emphasizes real world application *Fitness Professional's Handbook* Eighth Edition With HKPropel Access provides current and aspiring fitness professionals the road map for working with clients The text translates key concepts into practical application by guiding the reader through screening participants conducting fitness testing evaluating the major components of fitness and prescribing appropriate exercise This eighth edition reflects the most up to date research position stands guidelines and standards from the American College of Sports Medicine ACSM other professional societies and government agencies New case studies reflecting a diverse array of clients offer real world applications and Research Insight sidebars cover a wide range of applicable scientific topics Significant updates changes and additions have been made throughout including these An updated overview of assessment that provides practical understanding of preparatory steps such as obtaining informed consent taking steps to maximize client safety and explaining test results in a way that will be meaningful and relevant A new chapter on how to combine assessment results with a client's personal goals to create a comprehensive exercise program readers will learn how

to develop the optimal training stimulus and to balance activity level and nutritional requirements to optimize outcomes and safety for clients Expanded content on working with clients who are pregnant covering the benefits of exercise during and after pregnancy contraindications and signs that warrant stopping exercise and new content on pelvic floor training Updated content on chronic diseases featuring the latest information on cardiovascular disease pulmonary disease diabetes osteoporosis and cancer Additional new information includes two new muscular fitness tests a section on pharmacology that covers major drug categories and offers insights into how medications can affect heart rate blood pressure and physiological responses to exercise and coverage of neuromotor fitness The engaging full color textbook is further enhanced by 26 related online videos delivered through HKPropel facilitating a deeper understanding of techniques in the book and development of practical skills Comprehensive yet practical in nature Fitness Professional's Handbook is designed to prepare students for professional certification and empower current fitness professionals to work with various populations to improve health fitness and quality of life through appropriate screening testing and exercise prescription Note A code for accessing HKPropel is not included with this ebook but may be purchased separately [Fitness Professional's Handbook](#) Edward T. Howley, Dixie L. Thompson, 2022-06-02 Fitness Professional's Handbook Seventh Edition With HKPropel Access provides current and future fitness professionals with the knowledge to screen participants conduct standardized fitness tests evaluate the major components of fitness and prescribe appropriate exercise The text uses the latest standards guidelines and research from authorities in the field to prepare readers for certification and arm them with the knowledge to work with a variety of clients and populations This full color text incorporates information from the 10th edition of ACSM's Guidelines for Exercise Testing and Prescription and the Physical Activity Guidelines for Americans exercise and physical activity recommendations for adults older adults children and those with special needs The text embraces the importance of communication between allied health and medical professionals with those in the fitness arena to provide readers with a foundation for prescribing exercise and delivering need and goal specific physical activity and fitness programs Every chapter has been updated allowing readers to explore the newest theories and research findings and apply them to real world situations The following are among the most significant changes to the seventh edition Related online content delivered via HKPropel that includes an online video library containing 24 video clips to help readers better apply key techniques covered in the book as well as fillable forms that students can use beyond the classroom A new chapter Training for Performance helps professionals expand their practice to work with recreational athletes who have performance related goals New information including the consequences of exercise induced muscle damage rhabdomyolysis devices used to track physical activity and estimate energy expenditure e.g. accelerometers relative flexibility and the role of lumbopelvic rhythm in back function the importance of progression in an exercise prescription and the professional standard of care associated with HIIT programs reflects recent topics of interest and research Updated statistics on CVD and CHD from the American Heart

Association adult and childhood obesity and the prevalence of COPD asthma bronchitis and emphysema ensure accurate representation of data With a comprehensive and practical approach this text enables readers to help individuals communities and groups gain the benefits of regular physical activity in a positive and safe environment It provides background to the field scientific fundamentals and up to date recommendations to help readers better understand the role of physical activity in the quality of life and guidelines for screening testing supervising and modifying activity for various populations Note A code for accessing HKPropel is not included with this ebook but may be purchased separately [ACSM's Guidelines for Exercise Testing and Prescription](#) American College of Sports Medicine,2013-03-04 The flagship title of the certification suite from the American College of Sports Medicine ACSM s Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate the professional and the student The 9th edition focuses on evidence based recommendations that reflect the latest research and clinical information This manual is an essential resource for any health fitness and clinical exercise professional physician nurse physician assistant physical and occupational therapist dietitian and health care administrator This manual gives succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients [Foundations of Nursing - E-Book](#) Barbara Lauritsen Christensen,Elaine Oden Kockrow,2013-12-27 Part of the popular LPN Threads series this comprehensive text prepares you for safe and effective nursing practice in today s fast paced healthcare environment Covering maternal and neonatal pediatric geriatric mental health and community nursing Foundations of Nursing 6th Edition includes all of the essential LPN LVN content you need Companion CD includes animations and audio clips depicting physiologic processes physical assessment video clips an English Spanish glossary with definitions and audio pronunciations an anatomy coloring book and a fluid and electrolytes tutorial The consistent logical framework of the nursing process connects specific disorders to patient care A mathematics review chapter provides a complete review of basic arithmetic skills and practice in drug dosage calculation to ensure safe medication administration Safety Alert boxes help you implement The Joint Commission s safety guidelines in all settings with considerations for special populations Nursing Diagnosis boxes screened and highlighted in the text include nursing diagnoses for specific disorders paired with the appropriate nursing interventions More than 100 skills in a step by step format with full color illustrations present clearly defined nursing actions with rationales for the skills and techniques you ll use in practice Medication tables are meticulously detailed and provide quick access to action dosage precautions and nursing considerations for commonly used drugs Nursing Care Plans presented in a case study format emphasize patient goals and outcomes and end with Critical Thinking Questions to develop your clinical decision making skills Coordinated Care boxes emphasize parameters for prioritizing tasks as well as assigning tasks to and supervising unlicensed assistive personnel Patient Teaching boxes and Family Teaching boxes include post hospital discharge guidelines and disease prevention instructions with a strong focus on

three way communication among the nurse patient and family members Life Span Considerations for Older Adults boxes provide age specific information for the care of the aging population which is often the primary focus of the LPN LVN nurse Home Care Considerations boxes discuss the issues facing patients and caregivers in the home health care setting Health Promotion boxes provide key information on staying healthy and preventing disease with tips on wellness from Healthy People 2010 Cultural Considerations boxes discuss how to address the health needs of a culturally diverse patient population when planning care Enhanced focus on the NCLEX Examination offers end of chapter Get Ready for the NCLEX Examination sections with key points for self guided study and remediation and an extensive set of review questions for thorough self assessment Additional review questions on Evolve provide instant feedback with correct answer and rationale for even more test taking practice Evidence Based Practice boxes summarize the latest research findings and highlight how they apply to LPN LVN practice Updated vibrant full color design highlights key information and enhances your understanding of important concepts

New Jersey Register ,2013 ACSM's Resources for the Personal Trainer American College of Sports Medicine,2013-03-22 ACSM s Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs

The Sears Baby Book, Revised Edition James Sears,Robert W. Sears,William Sears,Martha Sears,2013-01-08 America s bestselling baby bible an encyclopedic guide to the first two years of your baby s life The million copy bestseller by the man who remade motherhood TIME has now been revised expanded and bought thoroughly up to date with the latest information on everything from diapering to day care from midwifery to hospital birthing rooms from postpartum nutrition to infant development The Searses draw from their vast experience both as medical professionals and pas parents to provide comprehensive information on virtually every aspect of infant care The Baby Book focuses on the essential needs of babies eating sleeping development health and comfort as it addresses the questions of greatest concern to today s parents The topics covered include preparing for a safe and healthy birth bonding with your baby feeding your baby right soothing your fussy baby getting your baby to sleep understanding your baby s development treating common illnesses babyproofing your home understanding toddler behavior dealing with temper tantrums toilet training working parenting first aid procedures and much more Unrivaled in its scope and authority The Baby Book presents a practical contemporary approach to parenting that reflects the way we live today The Searses acknowledge that there is no one way to parent a baby and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child Their book is a rich and invaluable resource that will help you get the most of of parenting for your child yourself and for your entire family

Discovering Nutrition Paul M. Insel,Don Ross,Kimberley

McMahon, Melissa Bernstein, 2015-03-15 Issued with access to Navigate 2 online learning materials Foundations and Adult Health Nursing - E-Book Barbara Lauritsen Christensen, Elaine Oden Kockrow, 2013-12-27 Part of the popular LPN Threads series this comprehensive text includes in depth discussions of fundamental concepts and skills plus medical surgical content to help you provide safe and effective care in the fast paced healthcare environment Easy to read content an enhanced focus on preparing for the NCLEX Examination and a wealth of tips and study tools make Foundations and Adult Health Nursing 6th Edition your must have text *Federal Register* , 2013-12 NS-UNISM 2019 Putri Vidiyasari Darsono, Bagus Rahmat Santoso , Dini Rahmayani, 2020-06-22 This proceeding contains selected papers from the National Seminar on The Role and Strategy of Higher Education through the Results of Research and Community Service Entering the Industrial Age 4.0 which conducted on November 23rd 2019 in Banjarmasin Indonesia This National Seminar was organized by Sari Mulia University Banjarmasin Indonesia This conference accommodates research topics and community service from various aspects such as health humanities science and technology We would like to express our appreciation and gratitude to the invited experts who have provided insights to the participants of this national seminar as well as the research committee and paper reviewers who have worked hard until there are 95 papers worthy of publication in the NS UNISM 2019 proceedings Papers in this proceedings are expected to provide academic benefits especially in broadening our horizons of understanding in our area of expertise as academics and practitioners We realize that what we present for this publication is far from perfect Constructive criticism is welcome for improvement Finally I represent the national seminar committee and also on behalf of the Sari Mulia University Banjarmasin Indonesia expressing my gratitude for participating and congratulating the publication of the paper in the NS UNISM 2019 We from the Civitas Academica Sari Mulia University together with the Committee also want to say thank you so much to all persons who have supported and actively participated in the success of this event Hopefully this proceeding can be used as a reference in developing academic studies technology and improving learning activities in the fields of health humanities and science and technology This proceeding contains selected papers from the National Seminar on The Role and Strategy of Higher Education through the Results of Research and Community Service Entering the Industrial Age 4.0 which conducted on November 23rd 2019 in Banjarmasin Indonesia This National Seminar was organized by Sari Mulia University Banjarmasin Indonesia This conference accommodates research topics and community service from various aspects such as health humanities science and technology We would like to express our appreciation and gratitude to the invited experts who have provided insights to the participants of this national seminar as well as the research committee and paper reviewers who have worked hard until there are 95 papers worthy of publication in the NS UNISM 2019 proceedings Papers in this proceedings are expected to provide academic benefits especially in broadening our horizons of understanding in our area of expertise as academics and practitioners We realize that what we present for this publication is far from perfect Constructive criticism is welcome for improvement

Finally I represent the national seminar committee and also on behalf of the Sari Mulia University Banjarmasin Indonesia expressing my gratitude for participating and congratulating the publication of the paper in the NS UNISM 2019 We from the Civitas Academica Sari Mulia University together with the Committee also want to say thank you so much to all persons who have supported and actively participated in the success of this event Hopefully this proceeding can be used as a reference in developing academic studies technology and improving learning activities in the fields of health humanities and science and technology Best regards Dr Ir Agustinus Hermino M Pd Vice President III for Resources and Partnerships

Research Handbook on International Courts and Tribunals William A. Schabas, Shannonbrooke Murphy, 2017-02-24 This collection takes a thematic and interpretive system wide and inter jurisdictional comparative approach to the debates and controversies related to the growth of international courts and tribunals By providing a synthetic overview and critical analysis of these developments from a variety of perspectives it both contextualizes and stimulates future research and practice in this rapidly developing field

ACSM's Certification Review ACSM, 2013-02-01 ACSM's Certification Review is the ultimate resource to help you pass the exam to become a Certified Personal Trainer CPT Certified Health Fitness Specialist HFS or Certified Clinical Exercise Specialist CES Highlights include Case studies that reinforce concepts organized by KSA domains Practice Exams that contain questions for each certification level Job Task Analysis tables that provide breakdowns of all the KSAs by certification level and domain

Living Ready Pocket Manual - First Aid James Hubbard, 2013-12-05 Skills to Save A Life Whether you are miles from help or immersed in an urban disaster situation every second counts during a medical emergency This book will help you take quick effective action to stabilize the situation The easy to follow step by step instruction in this book will help you prevent or respond to Dehydration Hypothermia frostbite and heatstroke Skin wounds including burns cuts bites and gunshots Anaphylaxis allergic reactions and rashes Broken bones and injured joints Plus you ll find detailed packing lists for survival first aid kits of all sizes This pocket sized manual is perfect for packing in first aid kits bug out bags day hiking packs and vehicle kits Medical emergencies are unplanned and unpredictable but you can be prepared Arm yourself with knowledge that can save a life

Strategies to Improve Cardiac Arrest Survival Institute of Medicine, Board on Health Sciences Policy, Committee on the Treatment of Cardiac Arrest: Current Status and Future Directions, 2015-09-29 Cardiac arrest can strike a seemingly healthy individual of any age race ethnicity or gender at any time in any location often without warning Cardiac arrest is the third leading cause of death in the United States following cancer and heart disease Four out of five cardiac arrests occur in the home and more than 90 percent of individuals with cardiac arrest die before reaching the hospital First and foremost cardiac arrest treatment is a community issue local resources and personnel must provide appropriate high quality care to save the life of a community member Time between onset of arrest and provision of care is fundamental and shortening this time is one of the best ways to reduce the risk of death and disability from cardiac arrest Specific actions can be implemented now to decrease this time and recent

advances in science could lead to new discoveries in the causes of and treatments for cardiac arrest However specific barriers must first be addressed Strategies to Improve Cardiac Arrest Survival examines the complete system of response to cardiac arrest in the United States and identifies opportunities within existing and new treatments strategies and research that promise to improve the survival and recovery of patients The recommendations of Strategies to Improve Cardiac Arrest Survival provide high priority actions to advance the field as a whole This report will help citizens government agencies and private industry to improve health outcomes from sudden cardiac arrest across the United States *2017 CFR Annual Print Title 46 Shipping Parts 1 to 40* Office of The Federal Register,2017-07-01 Title 46 Shipping Parts 1 to 40

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