

# 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 local emergency number. If you are alone, you must first call 9-1-1 before starting CPR. If you are with someone, have them call 9-1-1 while you start CPR.

### 5 START CPR



If not breathing and no response, start CPR immediately.

## ADULT

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

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

Repeat the cycle until help arrives, but only 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
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

## INFANT

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

- GIVE 30 CHEST COMPRESSIONS**
  - Use 2 fingers
  - Push hard, push fast
- 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**
  - Check pulse: Artery where your pulse, where it beats. If no pulse, start CPR.
- GIVE 30 CHEST COMPRESSIONS**
  - Use 1 or 2 hands depending on the size of the pet
  - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

## ADULT

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT**

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
  - Place a fist with the thumb side against the middle of the victim's abdomen, just above the navel
  - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The victim can cough, breathe or breathe
  - The victim becomes unconscious
  - Call 9-1-1 if not alone

## CHILD

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD**

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
  - Place a fist with the thumb side against the middle of the child's abdomen, just above the navel
  - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The child can cough, breathe or breathe
  - The child becomes unconscious
  - Call 9-1-1 if not alone

## INFANT

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT**

- GIVE 5 BACK BLOWS**
  - Place the infant on your forearm, with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
  - Place the infant on your forearm, with their head lower than their chest

**★ 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

**Xiang Xie**



## **Cpr Quick Reference Guide:**

Dental Emergencies: A Quick Reference Guide for Dental Professionals Pasquale De Marco,2025-03-22 In the fast paced world of dentistry emergencies can happen in an instant Dental professionals need to be prepared to handle a wide range of situations from minor injuries to life threatening emergencies This comprehensive guide provides dental professionals with the essential knowledge and skills needed to manage any dental emergency with confidence With clear and concise instructions this book covers everything from assessing the situation and providing first aid to administering emergency medication and coordinating with other healthcare providers Inside you ll find Step by step instructions for managing common dental emergencies such as toothaches chipped teeth and knocked out teeth In depth guidance on handling medical emergencies that can occur in a dental setting such as heart attacks strokes and allergic reactions Detailed explanations of CPR and other life saving techniques Proven strategies for controlling bleeding managing pain and reducing swelling Best practices for treating oral infections and trauma Tips for communicating effectively with patients in emergency situations With its user friendly format and evidence based content this book is an invaluable resource for any dental professional who wants to be prepared for anything Whether you re a seasoned dentist or just starting out this book will help you provide the best possible care to your patients in their time of need Don t wait until an emergency strikes Order your copy of this essential guide today and be prepared to handle any dental emergency with confidence If you like this book write a review

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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.

**Tarascon Emergency Department Quick Reference Guide** Pregerson, 2016-05-06 From the publishers of Tarascon Pocket Pharmacopoeia First Aid, CPR, and AED Standard American Academy of Orthopedic Surgeons, British Paramedic Association Staff, Ray Carney, 2009-09-15 First Aid CPR and AED Standard Irish Edition is the centre of an integrated teaching and learning system that offers instructor student and technology resources to better support instructors and prepare students. The text includes PHECC Clinical Practice Guidelines for Occupational First Aid and conforms to the FETAC Standard for Occupational First Aid coverage of the 2005 Guidelines current information on injured and illnesses. Core information for first aiders presented in a clear and straightforward format skills drills that offer step by step explanations and visual summaries of important skills flowcharts that reinforce the decision making process and appropriate procedures and decision tables. Provide a concise summary of what signs first aiders should look for and what treatment steps they should take.

The Birth Partner's Quick Reference Guide and Planner Penny Simkin, 2020-01-21 This is a shorter version of the classic bestseller The Birth Partner ideal for time pressed parents partners and birthing professionals. It is a convenient and easy to use book that provides facts on the fly during the ultra busy period before during and after labor and birth. An added planner keeps your plans and to dos in one place. Generations of spouses and partners as well as doulas nurses midwives and other professionals have relied on Penny Simkin's warm and wise guidance in caring for the new mother from the last trimester through the early postpartum period. Her book The Birth Partner is the definitive guide to helping a woman through labor and birth and The Birth Partner's Quick Reference Guide and Planner is a more concise version of that book. For those who have the original book it adds a planner component for hospital or at home birth plans and for other essential to dos. It is full of reliable and up to date information on Preparing for labor and for the new baby. Ways to help a woman through each stage of labor and birth Pain relief measures including epidurals and medications as well as natural techniques Ways to induce or speed up labor Cesarean birth and complications that may require it Breastfeeding and newborn care and much more. For the partner who wishes to be truly helpful in the birthing room this is the essential book to have on hand.

**The Copyeditor's Workbook** Erika Buky, Marilyn Schwartz, Amy Einsohn, 2019-05-14 The

Copyeditor's Workbook a companion to the indispensable Copyeditor's Handbook now in its fourth edition offers comprehensive and practical training for both aspiring and experienced copyeditors Exercises of increasing difficulty and length covering a range of subjects enable you to advance in skill and confidence Detailed answer keys offer a grounding in editorial basics appropriate usage choices for different contexts and audiences and advice on communicating effectively with authors and clients The exercises provide an extensive workout in the knowledge and skills required of contemporary editors Features and benefits Workbook challenges editors to build their skills and to use new tools Exercises vary and increase in difficulty and length allowing users to advance along the way Answer keys illustrate several techniques for marking copy including marking PDFs and hand marking hard copy Book includes access to online exercises available for download

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      **Veterinary Technician and Nurse's Daily Reference Guide** Mandy Fults,Kenichiro Yagi,2022-04-26 The revised and expanded new edition of this classic reference to daily skills used by veterinary technicians Veterinary Technician and Nurse's Daily Reference Guide Canine and Feline provides rapid access to the information veterinary technicians need in clinical practice With an easy to use tabular format the book covers diagnostic and patient care skills diseases and conditions preventive care anatomy anesthesia and all other major areas of veterinary technician education and training Chapters written by experienced veterinary specialists integrate charts tables and concise explanatory text to enable quick and efficient retrieval of information Focusing on practical skills and knowledge the fourth edition features extensively revised material incorporating the latest developments evidence based guidelines and best practices in veterinary medicine Brand new chapters describe licensure and certifications in veterinary technology and discuss nursing theory and science and its relation to veterinary nursing Expanded and updated coverage includes novel therapeutics in dermatology vaccination standards pain assessment and management stress free handling and nursing care strategies RECOVER CPR guidelines and more Equally useful in the classroom and in the clinic this popular quick reference guide Provides new and updated content including coverage of advancements in diagnostic capabilities and of pharmacologic agents used in treatment and management of disease states Contains hundreds of clear illustrations and high quality photographs Includes a comprehensive table of contents in each chapter Features a companion website with forms and worksheets self review questions vocabulary flashcards links to online resources and PowerPoint slides Veterinary Technician and Nurse's Daily Reference Guide Canine and Feline Fourth Edition remains an invaluable resource for both student and practicing veterinary technicians and nurses of all skill and experience levels      **EMS Notes** Ehren Myers,2009-06-18 Comprehensive but succinct this pocket sized guide delivers all of the essential facts and clinical information you need in the field and in the ED From common medications through interpreting 12 lead ECGs to current algorithms and 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 **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 **The Complete First Aid Pocket Guide** John Furst, 2018-11-13

From minor cuts and burns to heart attacks and strokes this handy take anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness and those that are more serious with this essential handbook Each section of The Complete First Aid Pocket Guide includes a quick list of signs and symptoms to look for and step by step first aid instructions for dealing with each situation all in user friendly simple language that's easy to understand Medical issues covered include First aid basics including roles and responsibilities of a first aider managing an incident activating emergency services and infection control Lifesaving skills including the recovery position cardiopulmonary resuscitation CPR and use of an automated external defibrillator AED Minor injuries and conditions including soft tissue injuries splinters blisters eye injuries nosebleed diarrhea and vomiting Traumatic injuries including severe bleeding amputation shock fractures crush injuries burns and head and neck injuries Medical emergencies including heart attack stroke asthma anaphylaxis hypoglycemia meningitis seizures poisoning and emergency childbirth Environmental conditions including hypothermia frostbite heat stroke sunburn and lightning strike Pediatric emergencies and illnesses including assessing an unresponsive child or baby pediatric cardiopulmonary resuscitation CPR choking croup and febrile seizures First aid kit lists for home vehicles and outdoor use With an appendix featuring an A to Z list of every condition covered it's easy for you to quickly find the exact information you need in any situation you may face With its small trim and portable size The Complete First Aid Pocket Guide is the perfect addition to a home first aid kit car first aid kit disaster survival bag as well as a pocket companion for EMTs and other first responders in the field **The Mobility Forum**, 2013 **Basic First Aid Guide**

Jessica Donald, 2025-06-27 When seconds count knowing what to do can save a life Basic First Aid Guide How to Respond in Emergencies and Save Lives is your clear practical and essential companion for everyday safety Whether you're a parent

teacher traveler or simply someone who wants to be prepared this book equips you with the confidence and skills to act quickly in critical situations Written in simple language by safety educator Jessica Donald this guide walks you through step by step responses to common injuries life threatening emergencies and special scenarios involving children road accidents and more You ll learn how to build a first aid kit perform CPR stop bleeding treat burns and stay calm while waiting for help Inside you ll discover Easy to follow first aid techniques for home school and outdoors Lifesaving basics like CPR recovery position and rescue breathing First aid tips for children infants and special circumstances How to create a family safety plan and stay prepared every day You don t need medical training to make a difference just the right knowledge and the will to act Be ready Be confident Be the help someone needs      **Dogs: The Ultimate Care Guide** Matthew Hoffman,2000-05-19

Thousands of expert tips provide dog owners with the information they need to give their pet a good home and happy life

*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

**Pierson and Fairchild's Principles & Techniques of Patient Care - E-Book** Sheryl L. Fairchild,2012-05-01 NEW Video clips and skills activities on companion Evolve site illustrate the techniques and procedures described in the text NEW Content based on the ICF model the model currently endorsed by the APTA and AOTA reflects the current theories and practice guidelines of physical and occupational therapy NEW Information on professionalism teaches about the guidelines that currently exist and how to apply those guidelines to patient interactions      *The American Traveler's Guide to Road Tripping* Pasquale De Marco,2025-03-16 Journey into the heart of America with The American Traveler s Guide to Road Tripping the ultimate companion for your next road trip adventure This comprehensive guidebook is packed with everything you need to plan and execute an unforgettable road trip from iconic routes and hidden gems to practical tips and inspiring stories Embark on a cross country odyssey along legendary highways like Route 66 the Pacific Coast Highway and the Blue Ridge Parkway Discover breathtaking landscapes charming towns and unique attractions that await you along the way Whether you re a history buff a nature lover or a foodie this guide has something for everyone With detailed itineraries and insider tips The American Traveler s Guide to Road Tripping helps you make the most of your journey Find cheap gas maximize rest stops and stay safe on the road with our expert advice Learn how to pack efficiently choose the right time to

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