

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, call 9-1-1 first and then return to the victim.

5 START CPR



If not breathing and no response, start CPR.

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 only 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
- 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

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats. If no pulse, start CPR.
- 2. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
- 3. IF NO PULSE, START CPR**
 - Give 2 rescue breaths
- 4. RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- 1. 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
- 2. 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

- 1. 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
- 2. 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

- 1. GIVE 5 BACK BLOWS**
 - Place the infant on your forearm, with head lower than chest
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, with head higher than 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 First Aid Study Guide 2015

**Elena Ramírez, Francisco J. De
Abajo, Miguel Gonzalez-Muñoz, Chanda
Kulkarni**



Cpr First Aid Study Guide 2015:

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

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

Study Guide for Foundations and Adult Health Nursing - E-Book Kim Cooper,Kelly Gosnell,2022-06-29 Reinforce your understanding of LPN LVN fundamentals and medical surgical nursing Corresponding to the chapters in Foundations and Adult Health Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and skills and care for patients with common disorders Review questions make it easier to achieve the objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide helps you prepare for the NCLEX PN examination Variety of exercises reinforces your understanding of adult health nursing with multiple choice matching and select all that apply questions as well as crossword puzzles Critical thinking activities ask you to apply your knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations and Adult Health Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations and Adult Health Nursing 9th Edition NEW Case studies allow you to practice and apply clinical judgment skills

VTAC eGuide 2016 VTAC,2015-07-15 The VTAC eGuide is the Victorian Tertiary Admissions Centre s annual guide to application for tertiary study scholarships and special consideration in Victoria Australia The eGuide contains course listings and selection criteria for over 1 700 courses at 62 institutions including universities TAFE institutes and independent tertiary colleges

The Illustrated South African First-aid Manual Linda Buys,2015-11-12 The Illustrated South African First aid Manual covers everything you need to know about how to cope with common first aid emergencies Concise instructions and step by step illustrations provide at a glance guidelines on treating wounds burns bites stings fractures choking strains and sprains bleeding amputations and eye injuries plus how to handle episodes of hypothermia heat stroke poisoning epilepsy diarrhoea and vomiting and emergency childbirth Life threatening emergencies such as cardiac arrest shock choking drowning and breathing difficulties are covered in detail along with the correct procedures for performing chest compressions rescue breathing and CPR Short introductory chapters explain what to do at an emergency

scene the responsibilities of the first aider the basic provisions of the Occupational Health and Safety Act with regard to first aid what a first aid kit should contain and basic anatomy and body systems There is also a short chapter on emergency treatment for pets **Study Guide for Foundations of Nursing - E-Book** Kim Cooper,Kelly Gosnell,2019-10-31

Corresponding to the chapters in Cooper and Gosnell s Foundations of Nursing 8th Edition this study guide helps you learn understand and apply the fundamentals of LPN LVN nursing Hundreds of labeling matching and fill in the blank questions are included It also includes critical thinking questions based on clinical scenarios and multiple choice and alternate format questions to help you review for the NCLEX PN examination An increased emphasis on critical thinking and clinical scenarios prepares you more effectively for the NCLEX PN examination with more NCLEX style alternate format type questions and more critical thinking activities Learning activities help you meet content objectives and include crossword puzzles labeling matching completion identification NCLEX exam style multiple choice review questions and critical thinking questions NEW Updated and reworked content corresponds to the latest edition of Foundations of Nursing 8th Edition **Advanced**

Systems for Biomedical Applications Olfa Kanoun,Nabil Derbel,2021-07-19 The book highlights recent developments in the field of biomedical systems covering a wide range of technological aspects methods systems and instrumentation techniques for diagnosis monitoring treatment and assistance Biomedical systems are becoming increasingly important in medicine and in special areas of application such as supporting people with disabilities and under pandemic conditions They provide a solid basis for supporting people and improving their health care As such the book offers a key reference guide about novel medical systems for students engineers designers and technicians *A TEXTBOOK OF COMMUNITY HEALTH NURSING For B.Sc. Nursing VII Semester* Mr. Prem Prakash Suman,Dr. Amita Joseph,Prof. (Dr.) Trilok Sompura,2024-11-19

Abdominal pain is a common symptom that can stem from a wide array of causes making it a significant concern for many individuals seeking medical attention This discomfort which can range from mild to severe might be acute occurring suddenly and intensely or chronic persisting over a long period The abdominal region encompassing everything from the lower ribs to the pelvis houses numerous vital organs including the stomach intestines liver pancreas spleen and kidneys Consequently pain originating from this area can be complex with a broad differential diagnosis depending on the organ involved and the nature of the pain 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

Sport First Aid Robb S. Rehberg, 2025-06-02

Approximately 90 percent of high school student athletes report sustaining an injury while participating in sports With only about one third of high schools in the United States having full time athletic trainers and another third lacking any athletic trainer services you the coach are often the first responder when an injury occurs This reality underscores the importance of providing you with proper training in first aid and injury prevention Such training prepares you to act quickly and appropriately when an athlete is injured or becomes ill ensuring the safety and well being of your student athletes As a current or aspiring high school or club coach you can rely on Sport First Aid Sixth Edition for the information you need to be

a capable and confident first responder The sixth edition has been revised and restructured It features an unparalleled author team of experts in athletic training sports medicine exercise science and physiology strength and conditioning and sport coaching It reflects the leading health organizations latest emergency guidelines including those for CPR concussion dehydration and heat illness Tailored specifically to your needs as a coach the text covers causes symptoms and action steps for more than 100 injuries and illnesses In this sixth edition the most common injuries and illnesses are described in greater detail and prioritized so they are easier to reference Additionally flowcharts for over 40 specific injuries and illnesses offer step by step visuals to guide you through the decision making and response process Beyond specific first aid procedures the text provides guidance on understanding your legal duties as a coach assembling an athletic health care team and collaborating with other team members minimizing the risk of injury planning for medical emergencies administering the plan during emergency situations and assessing when and how to move injured and sick athletes An athletic trainer may not always be present at every practice and game As a coach it s crucial to have a basic understanding of first aid and injury prevention Sport First Aid is the most authoritative source for this potentially life saving information It will prepare you to respond appropriately in emergency situations meet your legal obligations as a coach and foster a safe environment for your athletes

Cardiac Problems in Pregnancy Uri Elkayam,2019-09-02 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 provide NEW Chapter on hospice and palliative care presents the evidence base for hospice and palliative care occupational therapy describes the role of the occupational therapist with this population within the parameters of the third edition of the Occupational Therapy Practice Framework OTPF 3 and recommends clinician self care strategies to support ongoing quality care UPDATED Completely revised Spinal Cord Injury chapter addresses restoration of available musculature self care independent living skills short and long term equipment needs environmental accessibility and educational work and leisure activities It looks at how the occupational therapist offers emotional support and intervention during every phase of the rehabilitation program UPDATED Completely revised chapter on low back pain discusses topics that are critical for the occupational therapist including anatomy client evaluation interventions areas client centered occupational therapy analysis and intervention strategies for frequently impacted occupations UPDATED Revised Special Needs of the Older Adult chapter now utilizes a top down approach starting with wellness and productive aging then moving to occupation and participation in meaningful activity and finally highlighting body functions and structures which have the potential to physiologically decline as a person ages NEW and EXPANDED Additional section in the Orthotics chapter looks at the increasing array of orthotic devices available in today s marketplace such as robot assisted therapy to support the weak upper extremity UPDATED Revised chapters on joint range of motion and evaluation of muscle strength include new full color photos to better illustrate how to perform these key procedures EXPANDED New information in the Burns and Burn Rehabilitation chapter including expanded discussions on keloid scars silver infused dressings biosynthetic products the reconstructive phase of rehabilitation and patient education UPDATED and EXPANDED Significantly updated chapter on amputations and prosthetics includes the addition of a new threaded case study on Daniel a 19 year old combat engineer in the United States Army who suffered the traumatic amputation of his non dominant left upper extremity below the elbow

Disaster Preparedness (Speedy Study Guides) MDK Publishing,2015-04-28 Disasters strike anytime anywhere and preparing for them is a cliché most easily said than done This blunt guide prepares you for disasters by reminding you of what you need to do Self education is key to awareness of and preparation to the possibility and likelihood of tragedies be it natural or man made Be sure to bring a copy with you

Reichman's Emergency Medicine Procedures, 3rd Edition Eric F. 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 Preparation for the patient including consent anesthesia and analgesia Step by step description of the procedure Cautions that indicate common problems Alternative techniques and helpful hints Aftercare and follow up Potential complications Summary of critical information More than 1 500 full color photographs Companion online library of animations demonstrates approximately 40 common or difficult procedures Includes both common and infrequently encountered procedures Important evidence based recommendations throughout Helpful pedagogy includes key information cautions and important facts highlighted in bold The techniques presented in this book will dramatically expand your understanding of emergency medicine procedures and most importantly your ability to deliver positive patient outcomes *Wilderness EMS* Seth C. 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 Study Guide for Today's Medical Assistant - E-Book Kathy Bonewit-West, Sue Hunt, Edith Applegate, 2015-11-12 Corresponding to the chapters in the main Bonewit text Study Guide for Today's Medical Assistant Clinical Administrative Procedures 3rd Edition features a variety of practical exercises activities checklists review questions and more to help users master important medical assisting knowledge and skills This comprehensive study guide has been thoroughly updated to reflect the 2015 CAAHEP competencies and key areas of practice such as electronic medical records HIPAA regulations advanced directives emergency preparedness ICD 10 coding billing documentation medical office technology medical asepsis vital signs pediatric immunizations and injections colonoscopy procedures IV therapy and CLIA waived tests Consistent meticulous study guide coverage aligns seamlessly with the main Bonewit text and all other Bonewit solution learning products Evaluation of Competency checklists assess readers performance versus stated objectives and performance standards Critical thinking activities encourage readers to think outside the box and imagine what they would do in real life situations Laboratory assignments at the beginning of each chapter give readers a guide on each chapter's procedures including guidelines on how many practices are required which study guide pages correlate to the procedure and which procedures are also in the procedural videos Key term assessment tests readers knowledge of the terms presented in the main text Evaluation of Learning questions assess readers progress and are an excellent tool to prepare for the certification exam Practice for Competency checklists help readers practice each

of their clinical skills Pharmacology math exercises give readers a chance to practice their basic math skills in a way that relates to their future job Chapter assignment tables at the beginning of each chapter guide readers through the textbook and study guide chapters and provides a great tracking device for recording progress of textbook reading assignments and study guide activity assignments NEW Updated material aligned to most current CAAHEP and ABHES competencies ensures success and employability for today s medical assistants NEW Material from the chapter on nutrition is also incorporated into the accompanying study guide material NEW Updated content on emergency preparedness and medical records ensure readers are up to date on these key topics NEW Application to SimChart for the Medical Office where appropriate allows readers to prepare for the real world by working on Elsevier s own educational EHR NEW Expanded A P key terminology sections give readers ample A P key term practice

Reducing the Harm of Medication - Recent Trends in Pharmacovigilance Elena Ramírez, Francisco J. De Abajo, Miguel Gonzalez-Muñoz, Chanda Kulkarni, 2022-10-07

Handbook of Research on Blended Learning Pedagogies and Professional Development in Higher Education Keengwe, Jared, 2018-07-20 Online and blended courses are becoming increasingly prevalent in higher education settings and the pressures to incorporate these environments highlights the increased demand to serve a generation that prefers learning through experience or through interacting with learning tools Challenges arise in assisting instructors in facilitating and designing blended learning environments that will provide effective learning for all students The Handbook of Research on Blended Learning Pedagogies and Professional Development in Higher Education is a critical research publication that delves into the importance of effective professional development for educators planning and teaching online or blended courses It also establishes the benefits of technology mediated learning environments over traditional learning methods Highlighting a wide array of topics such as online learning environments active learning model and educational development this publication explores technology based teaching methods in higher education This book is targeted toward educators educational administrators academicians researchers and professionals within the realm of higher education

Critical Care Medicine E-Book Joseph E. Parrillo, R. Phillip Dellinger, 2018-11-12 Now completely revised to bring you up to date with the latest advances in the field Critical Care Medicine Principles of Diagnosis and Management in the Adult 5th Edition delivers expert practical guidance on virtually any clinical scenario you may encounter in the ICU Designed for intensivists critical care and pulmonology residents fellows practicing physicians and nurse practitioners this highly regarded text is clinically focused and easy to reference Led by Drs Joseph Parrillo and Phillip Dellinger the 5th Edition introduces numerous new authors who lend a fresh perspective and contribute their expertise to that of hundreds of top authorities in the field Includes new chapters on current applications of bedside ultrasound in the ICU both diagnostic and procedural mechanical assist devices and extra corporeal membrane oxygenation ECMO Contains new administrative chapters that provide important information on performance improvement and quality length of stay operations working with the Joint Commission

and more Features new videos and images that provide visual guidance and clarify complex topics Keeps you up to date with expanded chapters on echocardiography in the ICU and valvular heart disease including TAVR Includes separate chapters on mechanical ventilation of obstructive airway disease and acute respiratory distress syndrome ARDS including the many recent changes in approach to positive end expiratory pressure setting in ARDS Covers key topics such as patient ventilator synchrony and non invasive ventilation for treating chronic obstructive pulmonary disease patients with acute respiratory failure Reflects the recent literature and guidance on amount of fluids type of fluid vasopressor selection mean arterial pressure target and decision on steroid use in septic shock Provides questions and answers in every chapter perfect for self assessment and review Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices

Study Guide for Introduction to Medical-Surgical Nursing Adrienne Dill Linton, PhD, RN, FAAN, Nancy K. Maebius, PhD, RN, 2015-02-03 Reader friendly and easy to use the Study Guide for Introduction to Medical Surgical Nursing 6th Edition is designed to help you master content and evaluate your progress through practical useful exercises and activities including a wealth of multiple choice and alternate format questions This edition places an increased emphasis on higher level application questions including exercises to encourage practice in setting priorities to prepare you to transfer your knowledge of medical surgical concepts to patient care in the clinical setting Learning activities include matching key term and vocabulary review completion listing labeling illustrations ranking ordering and application questions for textbook nursing care plans Approximately 2 000 review questions include revised as well as new standard multiple choice and alternate format questions NCLEX review question answer rationales discuss both correct and incorrect responses to help you explore the logic of your choices Prioritization activities provide practice in prioritizing deciding what to do first and assignment giving specific tasks to health care providers who may be supervised by LPNs including nurse aids and nurse assistants NEW Completely revised content matches the most up to date nursing diagnoses

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