

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 your surroundings for safety. If you are in danger, call 9-1-1 first.

2 CHECK FOR RESPONSIVENESS



Ask, "Are you okay?" Tap other person's shoulder and shout, "Are you okay?"

3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall.

4 CALL 9-1-1



If no response, call 9-1-1. If you are alone, start CPR immediately. If someone else is available, have them call 9-1-1 and get an AED if available.

5 START CPR



Use hands only CPR. If available, use an AED.

ADULT

STEP 1: HOW TO PERFORM (ADULTS - 18 YRS+)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



3 GIVE CHEST COMPRESSIONS



4 STEPS: HOW TO HELP A CONSCIOUS ADULT



1 GIVE CONTINUOUS ABDOMINAL THRUSTS

1. Place your fist just above the navel. Use your other hand to grasp the fist and squeeze. Repeat until the air comes out. 2. Open your fist with your thumb pointing out.

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

1. The air is forced out. 2. The abdominal pain ceases. 3. The abdomen begins to move. 4. The air comes out on its own.



CONTINUE COMPRESSIONS OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



The victim begins to breathe.

An AED is ready to use.

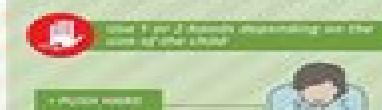
A trained rescuer arrives.

You are too exhausted to continue.

CHILD

STEP 1: HOW TO PERFORM (18 M - 8 YRS)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



3 GIVE CHEST COMPRESSIONS



4 STEPS: HOW TO HELP A CONSCIOUS CHILD



1 GIVE CONTINUOUS ABDOMINAL THRUSTS

1. Place your fist just above the navel. Use your other hand to grasp the fist and squeeze. Repeat until the air comes out. 2. Open your fist with your thumb pointing out.

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

1. The air is forced out. 2. The abdominal pain ceases. 3. The abdomen begins to move. 4. The air comes out on its own.

INFANT

STEP 1: HOW TO PERFORM (0-11 M)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



3 GIVE CHEST COMPRESSIONS



4 STEPS: HOW TO HELP A CONSCIOUS INFANT



1 GIVE 5 BACK BLOWS

1. Place your fist just above the navel. Use your other hand to grasp the fist and squeeze. Repeat until the air comes out. 2. Open your fist with your thumb pointing out.

2 GIVE 5 CHEST THRUSTS

1. Place your fist just above the navel. Use your other hand to grasp the fist and squeeze. Repeat until the air comes out.

3 CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

1. The air is forced out. 2. The abdominal pain ceases. 3. The abdomen begins to move. 4. The air comes out on its own.

PET

STEP 1: HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



3 RESCUE BREATHS



4 CONTINUE COMPRESSIONS UNTIL:

1. The pet begins to breathe. 2. An AED is ready to use. 3. A trained rescuer arrives. 4. You are too exhausted to continue.



CONTINUE COMPRESSIONS 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.

American Heart Cpr Study Guide

Barbara J Aehlert

American Heart Cpr Study Guide:

Pediatric Advanced Life Support Study Guide Aehlert,2017-01-16 Fully revised to meet the 2015 CPR ECC Guidelines and to prepare students and professionals for PALS certification and recertification Pediatric Advanced Life Support Study Guide Fourth Edition provides a clear and complete approach to managing pediatric emergencies Designed for use by the spectrum of healthcare professionals the Fourth Edition provides users with the critical information needed to approach real life pediatric emergencies The Fourth Edition includes End of chapter quizzes with answers and objectives as well as a comprehensive posttest to gauge material comprehension Case studies at the end of appropriate chapters for practice with real world material application Clear procedural explanations written in descriptive yet accessible language A refined Table of Contents including standalone chapters on cardiac dysrhythmias for focused learning and study PALS Pearl boxes for text to everyday clinical application In text references for deeper research if desired **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 **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 **Mosby's Radiation Therapy Study Guide and Exam Review** Leia Levy,2025-08-21 Reinforce your understanding of radiation therapy and prepare for the Registry exam Mosby s Radiation Therapy Study Guide and Exam Review Second Edition is both a study companion for Washington and Leaver s Principles and Practice of Radiation Therapy and a superior review for the ARRT Radiation Therapy Certification Exam This completely updated edition reflects the latest exam specifications and features an easy to read format that presents information in concise bullets and tables More than 2 000 total multiple choice questions in Registry format provide a realistic testing experience to prepare you for the real exam NEW Quality control procedures and guidelines for linear accelerators NEW Fractionation and protraction considerations UPDATED Content reflects the latest ARRT Radiation Therapy Certification Exam Specifications UPDATED Radiation Protection and Safety and Overview of Cancer Imaging and Management Modalities chapters offer the most current information in these key areas EXPANDED Charge capture and record keeping content enhances the Oncology Patient Care chapter EXPANDED Additional cross sectional images provide anatomy review and reinforce treatment planning concepts More than 2 000 multiple choice questions in Registry format in the text and on the companion Evolve website provide a realistic exam experience Complete

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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 Ninth Edition provides the depth and breadth of coverage that reflects the complexity and expertise needed to practice emergency medicine in today's fast paced environments This comprehensive text is an important clinical resource for physicians residents and students advance practice providers emergency nurses EMTs and paramedics It is a necessary resource for in training and board examinations and recertification Tintinalli's Emergency Medicine covers everything from prehospital care disaster preparedness and basic and advanced resuscitative techniques to all the significant medical traumatic and environmental conditions requiring emergency treatment in adults children and neonates Highlights of the Ninth Edition Full color design with more tables than ever to succinctly present key information Extensive updates to all sections incorporating the latest clinical and evidence based information Online access to over 100 videos covering a wide range of diagnostic and therapeutic procedures and POCUS for obstetric gynecologic pediatric musculoskeletal and vascular conditions World class pediatric section on the care of neonates infants and children Expanded chapters on the management of gynecologic and obstetric conditions and

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Cardiac Surgery in the Adult, Third Edition Lawrence H. Cohn,2007-08-28 The classic leading edge guide to heart surgery in adults completely updated by leaders in the field In this trusted reference renowned cardiac surgeon and Harvard professor Dr Lawrence H Cohn takes you through all aspects of heart surgery in adults The text's acclaimed coverage begins with a solid review of cardiac surgery fundamentals then progresses to optimal perioperative and interoperative care before covering the full range of individual procedures Inside you'll find over 1 000 step by step illustrations that clarify each procedure along with important guidance on all of the discipline's fundamental operations and operative techniques With updated and revised content the new edition of this forward thinking landmark text is undoubtedly the most up to date resource of its kind available anywhere Features All the latest surgical perspectives and techniques in ischemic and valvular heart disease disease of great vessels cardiac arrhythmias and more Expert authorship by one of the world's most respected cardiac surgeons with contributions from an internationally recognized group of authors Cutting edge overview of cardiothoracic transplantations circulatory support and nontransplant options for heart failure Brand new timely chapters on cardiac imaging minimally invasive procedures and stem cell therapy Reworked illustration program featuring newly commissioned two color drawings with classic artwork from the previous editions colorized Two color format throughout the text which helps you efficiently navigate chapter material providing quick access to key information

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web in june of 2012 i met my fiancee lisa jermey at parkrun and we are now getting married in may this year we believe we are the first parkrun wedding stemming from king s lynn parkrun to add to possibly the first king s lynn parkrun baby as our son stanley charlie pyatt was born on the 13th of december 2013

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web parkrun is all about inclusiveness and wellbeing we want as many people as possible to feel part of a real local community brought together by our events as well as our global parkrun family the format of parkrun is simple register once print your barcode then turn up and take part wherever you want whenever you want

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web parkrun is committed to safeguarding and promoting the welfare of children and adults at risk for our full safeguarding processes and policies including how to report a concern please see our safeguarding hub we re friendly every week we grab a post parkrun coffee in mcdonalds west coast park please come and join us

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web parkrun stylised as parkrun is a collection of 5 kilometre 3 1 mi events for walkers runners and volunteers that take place every saturday morning at more than 2 000 locations in 22 countries across six continents parkrun was founded by paul sinton hewitt on 2 october 2004 at bushy park in london england

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web course description bishan parkrun is two laps run anti clockwise around the perimeter of bishan ang mo kio park on tarmac footpaths the meeting briefing point is close to the bishan park dog run area 250m east of car park a and aramsa the garden spa starting on the main footpath close to bishan ang mo kio site office head west towards

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