

# 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 and call 9-1-1 as soon as possible. If you are not alone, start CPR immediately and call 9-1-1 after 2 minutes of CPR.

### 5 START CPR



Use hands only CPR. If you are alone, start CPR immediately and call 9-1-1 as soon as possible. If you are not alone, start CPR immediately and call 9-1-1 after 2 minutes of CPR.

## ADULT

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

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (ADULTS)



### 3 GIVE CHEST COMPRESSIONS



### 4 GIVE CONTINUOUS ABDOMINAL THRUSTS



**\* 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.

## CHILD

STEP 1: HOW TO PERFORM (CHILDREN - 1-11 YRS)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (CHILDREN)



### 3 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 4 CONTINUE ABDOMINAL THRUSTS UNTIL:

The rescuer is trained and

The victim begins to cough, breathe or move.

The AED is ready to use.

The rescuer is too exhausted to continue.

## INFANT

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

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



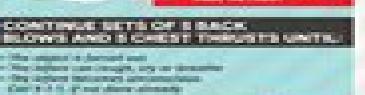
STEP 2: HOW TO HELP A CONSCIOUS INFANT



### 3 GIVE BACK BLOWS



### 4 GIVE 5 CHEST THRUSTS



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

The rescuer is trained and

The victim begins to cough, breathe or move.

The AED is ready to use.

The rescuer is too exhausted to continue.

## PET

STEP 1: HOW TO PERFORM PET CPR

### 1 CHECK FOR BREATHING AND A PULSE



STEP 2: HOW TO HELP A DOG



STEP 3: HOW TO HELP A CAT



### 4 RESCUE BREATHS



### 5 CONTINUE RESCUE BREATHS UNTIL:

The pet begins to breathe on its own.

The rescuer is trained and

The victim begins to cough, breathe or move.

The AED is ready to use.

The rescuer is 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.

# 2015 Red Cross Cpr Study Guide

**G Orfield**

## 2015 Red Cross Cpr Study Guide:

**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 [Elsevier's Canadian Comprehensive Review for the NCLEX-RN® Examination - E-Book](#) Patricia A. Bradley,Karin L. Page-Cutrara,Linda Anne Silvestri,Angela Silvestri,2023-03-28 A truly Canadian edition of Elsevier's best selling NCLEX exam review book Elsevier's Canadian Comprehensive Review for the NCLEX RN Examination 3rd Edition provides everything you need to prepare for the NCLEX exam complete content review more than 5 000 NCLEX practice questions in the book and online and preparation for the Next Generation NCLEX In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question Integrating Canadian approaches to nursing throughout the text this book is the only comprehensive NCLEX review written from a Canadian perspective It's THE book of choice for NCLEX preparation Completely up to date coverage from a Canadian perspective reflects Canadian approaches to nursing and health care including the addition of the latest Canadian statistics research legislation regulations references clinical practice guidelines and more More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps to be taken in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts New graduate's perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 79 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan and includes four case study format questions for the NGN Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 30 new questions for the Next Generation NCLEX plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot and chart exhibit Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing you to choose completely customizable exams or study sessions

UNIQUE Audio review summaries on the Evolve companion website cover pharmacology acid base balance and fluids and electrolytes [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 **Elsevier's Canadian Comprehensive Review for the NCLEX-RN Examination - E-Book** Linda Anne

Silvestri,Angela Silvestri,2021-06-14 Prepare for success on the NCLEX RN exam with the review book written for Canadian nursing students Elsevier's Canadian Comprehensive Review for the NCLEX RN Examination 2nd Edition provides everything you need to prepare for the NCLEX exam complete content review and more than 5 000 NCLEX examination style questions in the book and online Proving that not all NCLEX exam review books are the same only this book includes the kinds of questions that consistently test the critical thinking skills needed to pass today's NCLEX exam In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question From Canadian editors Patricia Bradley and Karin Page Cutrara and NCLEX review experts Linda Anne Silvestri and Angela Silvestri this edition integrates Canadian approaches to nursing making this the only comprehensive review text written from a fully Canadian perspective It's THE book of choice for NCLEX preparation More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps you will take in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts UNIQUE Priority Concepts two in each chapter discuss important content and nursing interventions New graduate's perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 75 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 25 new Next

Generation NCLEX NGN style questions plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot chart exhibit video and audio questions Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing completely customizable exams or study sessions UNIQUE Audio review summaries on Evolve cover pharmacology acid base balance and fluids and electrolytes [Nutrition with Navigate Advantage Access](#) Dr. Paul Insel, Paul M. Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2022-02 Given the vast amount of research focused on food and nutrition it can prove daunting for introductory nutrition instructors to present their students with the latest scientific content Insel's Nutrition presents the latest nutrition research in an accessible format supplemented by a behavior change approach that encourages active student engagement [Pierson and Fairchild's Principles & Techniques of Patient Care - E-Book](#) Sheryl L. Fairchild, Roberta O'Shea, Robin Washington, 2017-03-24 Master the basics of rehab patient care with Pierson and Fairchild's Principles Techniques of Patient Care 6th Edition This proven text not only provides clear how to information on everything from positioning and draping to patient transfers and ambulation activities but it also includes easy to understand rationales explaining the why behind these proven techniques This new edition has been thoroughly updated to reflect the most current accepted patient care standards principles and techniques Plus additional video clips and expanded learning resources will help ensure you have a solid mastery of patient care in the rehabilitation setting Content based on the World Health Organization's ICF model International Classification of Functioning Disability and Health the model currently endorsed by the APTA and AOTA ensures you are referencing information that stems from the most current theories and practice guidelines of physical and occupational therapy Procedures boxes with clear written instructions are accompanied by full color illustrations on performing a variety of proven techniques and patient care tasks such as proper lifting techniques patient transfers basic wound care and assessment of vital signs Insights into the rationales and physiological principles explain why specific techniques and procedures are used More than 800 full color photographs clearly demonstrate proper performance of techniques and procedures used in the assessment and management of patients in the rehabilitation setting Guidelines principles and precautions boxes throughout the text offer additional tips for optimal assessment and management of patients in the rehabilitation setting Self study and problem solving case study activities conclude each chapter to help you understand important concepts and improve your decision making and problem solving skills Video clips on companion Evolve website demonstrate the techniques and procedures described in the text Content on professionalism and the concept of professional values and ethics reinforce existing workplace guidelines and how to apply those guidelines to your patient interactions Online user resources on the companion Evolve website feature video clips and additional activities for you to hone your skills What additional activities NEW Procedures index lists all of the procedures covered in the text to help you quickly locate procedure descriptions while working in the clinical setting NEW Additional video clips

demonstrate patient transfers ambulation with aids donning and doffing PPE and maneuvering a wheelchair NEW Video clip table of contents lists over 30 video clips in the front matter of the text **Code of Federal Regulations, Title 46**,

**Shipping, PT. 1-40, Revised as of October 1, 2015** Office Of The Federal Register (U S,Office of the Federal Register (U S ),2015-12-29 6 CFR Parts 1 to 40 continues coverage on the Coast Guard within the Department of Homeland Security In this volume you will find information on vessel inspections marine casual an investigations boundary lines waivers of navigation and vessel inspection laws and regulations boundary lines vessel inspection alternatives extra compensation for overtime services manning requirements certification of tanker man chemical testing firefighting equipment operations vapor control systems towing vessels requirements general provisions elevated temperature cargoes and more Audience Key Information Users Deck engineers electrical engineers maritime officers sailors seaman motormen cruise directors vessel masters yacht brokers boat builders designers and technicians may refer to this volume for successful implementation of the processes and regulations Other products pertaining to this topic that may be of interest include the following Medical Management of Chemical Casualties Handbook can be found at this link <https://bookstore.gpo.gov/products/sku/008-023-00149-9> Merchant Vessel Inspection Guide Training Support Package Binder With Printed Material DVD and CD ROM Controlled Item Kit requires special approval of order prior to shipment U S Coast Guard Incident Management Handbook 2014 can be found at this link <https://bookstore.gpo.gov/products/sku/050-012-00516-8> Shipyard Industry Standards can be found at this link <https://bookstore.gpo.gov/products/sku/029-001-03484-9> Fire Management Today can be found at this link <https://bookstore.gpo.gov/products/sku/701-023-00000-5> Field Operations Guide for Disaster Assessment and Response can be found at this link <https://bookstore.gpo.gov/products/sku/001-001-00680-7>

**Yearbook of International Organizations 2014-2015,**

**Volumes 1a & 1b (Set)** Union of International Associations,2014-06-16 Volume 1 A and B covers international organizations throughout the world comprising their aims activities and events **AIIMS Annual Report** All-India Institute of Medical Sciences,2014

**Oregon Administrative Rules Compilation ,2015** Poultry Tribune ,1956 **New Jersey Register**

,2015 American Red Cross CPR Instructor's Manual American Red Cross,1988 Books in Print Supplement ,1982

Emergency Medical Services ,1995 Who's who in American Education ,1992 Strange and Schafermeyer's Pediatric Emergency Medicine, Fifth Edition Robert W. Schafermeyer,Milton Tenenbein,Charles G. Macias,Ghazala Sharieff,Loren Yamamoto,2018-09-22 Concise current need to know coverage of emergency medicine in children presented in full colorEndorsed by the American College of Emergency Physicians a comprehensive and current resource for anyone who cares for children in an acute setting from the office to the emergency department Its presentation is straightforward and the information is easy to read and assimilate It will be a valuable resource for those in the field of pediatric emergency medicine as well as other practitioners who occasionally care for sick children JAMA reviewing an earlier edition This clinically focused guide covers the entire field of pediatric emergency medicine Featuring a strong focus on practical need to

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2015 Red Cross Cpr Study Guide: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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