

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 you are alone, call 9-1-1. If you are with another person, have them call 9-1-1. If you are with another person, start CPR.

5 START CPR



Use compressions and rescue breaths.

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



STEP 3: HOW TO HELP A CONSCIOUS ADULT



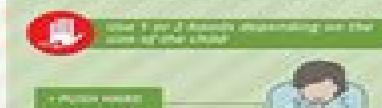
2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is found well.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is not in shock.

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



STEP 3: HOW TO HELP A CONSCIOUS CHILD



2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is found well.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is not in shock.

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

1 GIVE 5 BACK BLOWS



2 GIVE 5 CHEST THRUSTS



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

This patient is found well.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is not in shock.

PET

STEP 1: HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



STEP 2: HOW TO PERFORM PET CPR

3 RESCUE BREATHS



4 CONTINUE RESCUE BREATHS UNTIL:



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

American Red Cross Cpr Study Guide 2013

Mike Jess

American Red Cross Cpr Study Guide 2013:

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

Discovering Nutrition Insel,Don Ross,Kimberley McMahon,Melissa Bernstein,2018-02-15 Written with non majors in mind Discovering Nutrition Sixth Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach The text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in a number of innovative ways Students will learn practical consumer based nutrition information using the features highlighted throughout the text including For Your Information boxes presenting controversial topics Quick Bites offering fun facts and the NEW feature Why Is This Important opens each section and identifies the importance of each subject to the field

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

Information Systems for Crisis Response and Management in Mediterranean Countries Paloma Díaz,Narjès Bellamine Ben Saoud,Julie Dugdale,Chihab Hanachi,2016-10-18 This book constitutes the refereed proceedings of the Third International Conference on Information Systems for Crisis Response and Management in Mediterranean Countries ISCRAM med 2016 held in Madrid Spain in October 2016 Information systems and technologies can play a key role in crisis management in order to support preparation response mitigation and recovery processes Yet technology is not enough to guarantee a better management process and therefore the conference does not only focus on engineering technologies but also on their application and practical experiences The 12 full and 8 short papers presented in this volume were carefully reviewed and selected from 36

submissions They are organized in topical sections on mobile apps for citizens modeling and simulation development of information systems information and knowledge management collaboration and coordination social computing and issues in humanitarian crisis *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 *Fundraising* Michael J. Worth,2015-07-21 Fundraising Principles and Practice provides readers with a comprehensive introduction to fundraising Taking a balanced perspective bestselling author Michael J Worth offers insights on the practical application of relevant theory The text is designed to engage readers in thinking critically about issues in fundraising and philanthropy to prepare them for careers in the nonprofit sector Worth explores donor motivations and fundraising techniques for annual giving

programs major gift programs planned giving and corporate and foundation giving and campaigns Traditional methods including direct mail and personal solicitations are discussed as well as new tools and practices including online fundraising crowd funding and social networks analytics and predictive modeling Written specifically for nonprofit career oriented individuals this book helps readers become successful fundraisers *Oregon Administrative Rules Compilation* ,2014

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 *New Jersey Register* ,2013 *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

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- Chapter 4: American Red Cross Cpr Study Guide 2013 in Specific Contexts
- Chapter 5: Conclusion

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