

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 call 9-1-1 first and then begin CPR.

5 START CPR

If not breathing and no response



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 always 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
- 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 within your palm, under the elbow
 - Check breathing: Observe chest
- IF NO PULSE, START CPR**
 - Push hard, push fast
 - Give 2 breaths
- RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths
- CONTINUE COMPRESSIONS UNTIL:**
 - The victim begins to breathe
 - An AED is ready to use
 - A trained rescuer arrives
 - You are 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

American Heart Association Cpr Study Guide 23

**Ronald D. Miller,Lars I. Eriksson, Lee A
Fleisher,Jeanine P. Wiener-
Kronish,William L. Young**

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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 [Study Guide for Advanced Life Support](#) Ken Grauer, 1984 [Emergency and Trauma Care for Nurses and Paramedics](#) Kate Curtis, Clair Ramsden, 2015-10-16 Highlighted skills cross references to the Clinical Skills chapter throughout text Over 30 new case studies Patient journey from pre hospital and emergency specific case studies Critical thinking questions at the end of chapters Chapter 35 Obstetric emergencies now includes Supporting a normal birth **Anesthesia E-Book** Ronald D. Miller, Lars I. Eriksson, Lee A Fleisher, Jeanine P. Wiener-Kronish, William L. Young, 2009-06-24 From fundamental principles to advanced subspecialty procedures Miller's Anesthesia covers the full scope of contemporary anesthesia practice It is the go to reference for masterful guidance on the technical scientific and clinical challenges you face Now new chapters new authors meticulous updates an increased international presence and a new full color design ensure that the 7th edition continues the tradition of excellence that you depend on Covers the full scope of contemporary anesthesia practice Offers step by step instructions for patient management and an in depth analysis of ancillary responsibilities and problems Incorporates Key Points boxes in every chapter that highlight important concepts Extends the breadth of international coverage with contributions from prominent anesthesiologists from all over the world including China India and Sweden Features 30 new authors and 13 new chapters such as Sleep Memory and Consciousness Perioperative Cognitive Dysfunction Ultrasound Guidance for Regional Anesthesia Anesthesia for Correction of Cardiac Arrhythmias Anesthesia for Bariatric Surgery Prehospital Emergency and Trauma Care Critical Care Protocols Neurocritical Care and Renal Replacement Therapy Dedicates an entire section to pediatric anesthesia to help you address the unique needs of pediatric patients Presents a new full color design complete with more than 1 500 full color illustrations for enhanced visual guidance [ASTNA Patient Transport - E-Book](#) Air & Surface Transport Nurses Associati, 2009-11-03 3 new chapters highlight emerging trends in transport care The Use of Technology During Transport including ventricular assist devices a chapter devoted to Mechanical Ventilation and Military Transport with EnRoute care Updated content throughout provides a balance of ground and air coverage and reflects the

recently published Flight and Ground Transport Nursing Core Curriculum to help you prepare for the CTRN or CFRN examination Expanded disaster management coverage addresses front line response to major disasters Expanded disaster management coverage addresses important concerns for improving front line response to major disasters Additional pathophysiology content helps you better understand the effects of diseases and injuries on the body's normal physiologic processes Clear instructions for reading radiographs and CT scans simplify the use of these diagnostic tools and help you improve related outcomes Information based on the latest updates from the Federal Aviation Association and the National Transportation Safety Board alerts you to important safety regulations Obesity considerations included in the Patient Assessment and Preparation for Transport chapter outline special challenges and possible solutions for the care of obese patients

Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 8th edition Judith E. Tintinalli, J. Stephen Stapczynski, O. John Ma, David M. Cline, Garth D. Meckler, 2016-03-22 The most widely used and highly regarded textbook and reference of emergency medicine Endorsed by the American College of Emergency Physicians The 8th edition of Tintinalli's Emergency Medicine provides the depth and breadth of coverage that reflects the complexity and expertise needed to practice emergency medicine successfully in today's fast paced environments It is an important contemporary clinical emergency care resource for physicians NPs and PAs who practice emergency medicine and for emergency medicine and pediatric emergency medicine fellows It remains the preferred study guide for in training and board examinations and recertification NEW to this edition Full color design with more tables than ever to succinctly present key information Extensive updates to all sections incorporating the latest guidelines evidence based protocols and relevant research Expanded pediatric section with complete clinical information for general and pediatric emergency physicians Expanded coverage of common emergency department procedures with improved illustrations Online access to more than 30 videos covering a wide range of procedural and diagnostic topics and focusing on the latest ultrasound guided techniques From the reviews of the seventh edition Collectively they have once again produced an excellent text that manages to cover the broad scope of emergency medicine while remaining an easily readable and practical resource Last for the inevitable comparison of this current edition of Tintinalli's Emergency Medicine with other available emergency medicine textbooks available in my opinion Tintinalli's still comes out on top It is more concise and easier to read than some yet it covers the breadth of emergency medicine practice more comprehensively than others Just as previous editions did the seventh presents all of the most pertinent and up to date information in a well organized format that is comprehensive yet easy to read That and many of the attractive new features in this current edition will ensure its place on my bookshelf for years to come JAMA *Family Medical Guide* Time-Life Books, 1990

The NeuroICU Book Kiwon Lee, 2012-04-19 The goal of neurological critical care is to rapidly deliver acute medical therapies and appropriate interventions through effective monitoring of both neurological and end organ function The NeuroICU Book puts that goal within the reach of every neurologist and critical care specialist

Combining the latest clinical perspectives in critical care medicine neurology and neurosurgery this comprehensive evidence based text standardizes neurocritical care and takes you through the rationale for those standards Filled with detailed case studies and featuring a question and answer format the book not only builds competency in recognizing acute changes in neurological function but also addresses all organ insufficiencies and failures reflecting the real life challenges in the modern neuro ICU Publisher's website *Employment Safety and Health Guide*, 2001 Includes original text of the Occupational safety and health act of 1970 **National Union Catalog, 1982**, 1983 **Healthcare provider's manual for basic life support**, 1988 *Cardiac Surgery in the Adult, Fourth Edition* Lawrence H. Cohn, 2012 Accompanying DVD contains video clips to supplement the text descriptions of operations and procedures p P xxi **Instruction of Students with Severe Disabilities** Martha E. Snell, Fredda Brown, 2000 For courses in Severe Multiple Disabilities Methods This highly successful text addresses the full range of curriculum topics involved in educating individuals with severe disabilities Clear descriptions and explanations of best practices time proven techniques and a strong theory research base combine to create one of the most comprehensive texts of its kind Its focus on meaningful inclusion of students with disabilities and their non disabled peers make this book an ideal main text for courses in severe disabilities **Food and Drug Law Journal**, 1972

American Book Publishing Record Cumulative 1998 R R Bowker Publishing, 1999-03 Occupational Therapy for Physical Dysfunction, 1989 The definitive work on occupational therapy for physical dysfunction is back in a Fifth Edition with reputable co editors and outstanding clinical academic and consumer contributors Through the Occupational Functioning Model this edition continues to emphasize the conceptual foundation of practice The text provides a current and well rounded view of the field from theoretical rationale to evaluation treatment and follow up New to this edition cutting edge therapies and up to date research findings International Classification of Functioning Disability and Health ICDH 2 language and concepts assessment and intervention directed toward context a two color design and abundant learning aids including case examples and procedures for practice Pediatric Anesthesia George A. Gregory, 2002 Completely condensed and revised the fourth edition of this comprehensive reference offers a complete exploration of the basic concepts of pediatric anesthesia with detailed descriptions of the most effective techniques for use in a wide variety of medical situations The leader in the field *Pharmacotherapy: A Pathophysiologic Approach, Eighth Edition* Joseph T. DiPiro, 2011-04-04 The most comprehensive widely used and evidence based pharmacotherapy text available Full color design A Doody's Core Title ESSENTIAL PURCHASE for 2011 5 STAR DOODY'S REVIEW This is a gold standard reference in pharmacy and the information it provides equips readers with the knowledge base and confidence to provide the highest quality of patient care Doody's Review Service Hailed by Doody's Review Service as one of the best in pharmacy Pharmacotherapy A Pathophysiologic Approach is unmatched in its ability to help students develop a mastery of evidence based medicine for optimum patient outcomes The eighth edition will feature the addition of SI units throughout and an increased number of

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