

# 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 first call 9-1-1 before starting CPR. If you are with a partner, one person should call 9-1-1 while the other starts CPR.

### 5 START CPR



If not breathing and no pulse, start CPR immediately.

## 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 of 30 compressions and 2 breaths until help arrives or you are too exhausted to continue.

## 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
  - Push hard
  - Push fast
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat the cycle of 30 compressions and 2 breaths until help arrives or you are too exhausted to continue.

## 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

Repeat the cycle of 30 compressions and 2 breaths until help arrives or you are too exhausted to continue.

## PET

**STEPS FOR HOW TO PERFORM PET CPR**

- CHECK FOR BREATHING AND A PULSE**
  - Check pulse: Artery where your pulse is located. If no pulse, start CPR.
- GIVE 30 CHEST COMPRESSIONS**
  - Use 1 or 2 hands depending on the size of the pet
  - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat the cycle of 30 compressions and 2 breaths until help arrives or you are too exhausted to continue.

## ADULT

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT**

- 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
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The victim can cough, breathe, or speak
  - The victim becomes unconscious
  - Call 9-1-1 if not alone

## CHILD

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD**

- 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
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The child can cough, breathe, or speak
  - The child becomes unconscious
  - Call 9-1-1 if not alone

## INFANT

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT**

- GIVE 5 BACK BLOWS**
  - Place the infant on your forearm, head down, face toward your knee
- GIVE 5 CHEST THRUSTS**
  - Place the infant on your forearm, head up, face toward your knee

Repeat the cycle of 5 back blows and 5 chest thrusts until help arrives or 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

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**Lewis Morris**



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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 American Red Cross Basic Aid Training Instructor's Manual ,1991 Prehospital Emergency Medicine Secrets E-Book Robert P. Olympia,Jeffrey S. Lubin,2021-10-08 For more than 30 years the highly regarded Secrets Series has provided students and practitioners in all areas of health care with concise focused and engaging resources for quick reference and exam review Prehospital Emergency Medicine Care Secrets is an all new addition to this popular series offering practical up to date coverage of the full range of essential topics in this dynamic field This new resource features the Secrets popular question and answer format that also includes lists tables pearls memory aids and an easy to read style making inquiry reference and review quick easy and enjoyable The proven Secrets Series format gives you the most return for your time succinct easy to read engaging and highly effective Covers the full range of essential topics including disaster and multiple casualty incidents psychiatric emergencies and prehospital skills and procedures for in training or practicing professionals Fully revised and updated including protocols and guidelines that are continuously evolving and that increasingly dictate best practices Includes chapters on public health and EMS infectious disease emergencies sepsis telemedicine and emerging telecommunications transport of the highly infectious patient mass casualty evacuation and patient movement biological and chemical terrorism community disaster preparedness and airway management oxygenation and ventilation Top 100 Secrets and Key Points boxes provide a fast overview of the secrets you must know for success in practice and on exams Bulleted lists mnemonics practical tips from global leaders in the field all providing a concise overview of important board relevant content Portable size makes it easy to carry with you for quick reference or review anywhere anytime Foundations of Nursing - E-Book Kim Cooper,Kelly Gosnell,2022-02-09 Master the skills that LPN LVNs need to care for patients across the lifespan Foundations of Nursing 9th Edition provides an essential guide to nursing care for pediatric maternity adult and older adult patients Through use of the nursing process you will develop clinical judgment skills to assess patient needs develop nursing

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**Exploring Osaka** David M. Dunfield, 1993 A comprehensive English language guide to the city of Osaka for business

travellers and tourists alike Second only to Tokyo as a banking and trade centre of Japan Osaka is a centre of tradition and culture as well the home of bunraku puppet theatre for example and is minutes by rail from Japan s ancient capitals of Kyoto and Nara A variety of suggested sightseeing itineraries are included as well as recommended museums restaurants and hotels a list of festival dates and sources of additional information      *Fire Engineering* ,1990      *Biology* ,1986

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