

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 emergency responder. If you are alone, call 9-1-1 first and then return to the victim.

5 START CPR



If not breathing and no response, start CPR.

ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18 YEARS+)

- 1. GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- 2. GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but only recommended for child and infant CPR

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1 YEAR - 12 YEARS)

- 1. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
- 2. GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

STEPS FOR HOW TO PERFORM INFANT CPR (0 - 1 YEAR)

- 1. GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
- 2. GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats. If no pulse, start CPR.
- 2. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
- 3. IF NO PULSE, START CPR**
 - Give 2 rescue breaths
- 4. RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

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

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

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

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- 1. GIVE 5 BACK BLOWS**
 - Place the infant on your forearm, with their head lower than their chest
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, with their head lower than their chest

★ 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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National Library of Medicine (U.S.)

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the text 'National Library of Medicine (U.S.)'.

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Personal stories from active duty National Guard reservists veterans and their families from all branches and ranks of the military and those who work with military personnel bring their experiences to life A review of the latest research theories policies and programs better prepares readers for working with military families Objectives key terms tables figures summaries and exercises including web based exercises serve as a chapter review The book concludes with a glossary of key terms Engaging vignettes are featured throughout Voices from the Frontline offer personal accounts of issues faced by actual program leaders practitioners researchers policy makers service members and their families Spotlight on Research highlights the latest studies on dealing with combat related issues Best Practices review the optimal strategies used in the field Tips from the Frontline offer suggestions from experienced personnel The book opens with an introduction to military culture and family life Joining the military and why people do so are explored in chapter 2 Next life in the military including relocation employment education and deployment are examined Daily lives of children in military families are explored in chapter 4 How stress and resilience theories are used in working with military families are then reviewed Chapter 6 focuses on milestones experienced by service members and programs that support them through these transitions Everyday issues caused by the trauma of war are reviewed in Chapters 7 and 8 Programs policies and organizations that serve military families in dealing with deployment education and health and child care are explored in chapters 9 and 10 followed by initiatives supporting reintegration and reunification issues Next how to work with families and those who have experienced traumatic events is considered The book concludes with a review of career opportunities and stories from working professionals Intended as a text for advanced undergraduate or graduate courses on military families or as a supplement for courses on the family marriage and family stress and coping or family systems taught in family studies human development clinical or counseling psychology sociology social work and nursing this book also appeals to helping professionals who work with military families

Review Questions and Explanations in Computed Tomography Lois E. Romans,1996 This review text contains 500 exam type questions with complete answers and explanations for computed tomography practitioners and students preparing for the licensing exam

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Cumulated Index Medicus ,1979

Simple & Safe Baby-Led Weaning Malina Malkani MS, RDN, CDN,2020-01-28 Your safe and healthy guide to baby led weaning for babies 6 to 12

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encounter Because of the insidious nature of the material as a health hazard EPA regulations require that even when a structure is to be completely demolished asbestos and all other hazardous materials must be removed by a qualified contractor prior to general demolition A construction contractor contemplating abatement work needs to ascertain regulatory applicability under one of the following OSHA approved state program Federal OSHA regulations applicable to the private sector and certain federal employees or OSHA approved Construction Worksite Compliance Guide to Asbestos provides the contractors building owners and inspectors with the current best management practices for asbestos removal and disposal methods Packed with checklist tables and quick lookup materials this manual provides a step by step approach for identifying asbestos complying with OSHA and EPA regulations as well as the safe disposal of asbestos Ascertain the presence of asbestos through testing Prepare the abatement plan Submit the plan to the state EPA or local municipality having jurisdiction Proper Waste Disposal techniques Scope of work

Procedures in Phlebotomy - E-Book John C. Flynn, 2023-08-12 Featuring concise easy to read coverage Procedures in Phlebotomy 5th Edition provides clear guidelines for performing both basic and special phlebotomy techniques It describes proper procedures for venipuncture special collection procedures and pediatric and geriatric considerations and addresses essential topics such as infection control OSHA guidelines and anatomy and physiology It also discusses professional issues such as interpersonal communication department management total quality and medical legal topics This edition includes enhanced infection control and prevention protocols updated healthcare law coverage expanded review questions and an updated practice test to prepare you for classroom and certification success Step by step illustrated procedures clearly outline essential phlebotomy competencies and techniques Essentials approach focuses on the need to know basics required to practice phlebotomy Case scenarios woven throughout the chapters help you continually apply content to practice Review questions in each chapter test your ability to recall information and apply critical thinking skills answers and rationales are included in the appendices Mock certification exam with 150 multiple choice questions and answers provides valuable practice for the credentialing test Safety Summary focuses on key points to ensure safe practice Competency checklists facilitate peer instructor and self evaluation on clinical procedures progress Key terms are listed at the beginning of each chapter highlighted in the text and defined in a back of book glossary NEW Protocols for enhanced infection control and prevention address COVID 19 and other emerging pathogens UPDATED Healthcare law coverage includes up to date content on the latest clinical guidelines EXPANDED and REVISED Review questions and a practice test help prepare you for classroom and certification success NEW COVID 19 content included throughout where relevant DHEW Publication ,1978 *Country Guide and Nor'west Farmer* ,1927

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