

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



Shout loudly

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, you must call 9-1-1 first and then return to the victim.

5 START CPR

If not breathing and no response



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 always 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 15 CHEST COMPRESSIONS**
 - Use your hands or your fingers. If you are alone, you must call 9-1-1 first and then return to the victim.
- 3. IF NO PULSE, START CPR**
 - Give 15 chest compressions
 - 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 back, head lower than feet.
 - Give 5 back blows
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your back, head lower than feet.
 - Give 5 chest thrusts

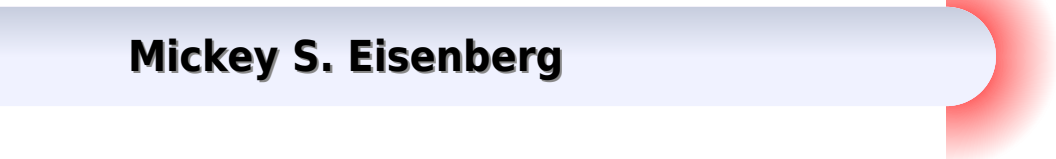
★ CONTINUE COMPRESSION OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



• The victim begins to breathe • An AED is ready to use • A trained rescuer arrives • You are too exhausted to continue

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Mickey S. Eisenberg



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Comprehensive First Aid Guide Adil Hussain, Mamta Bhandari, 2025-06-25 Provides comprehensive and in depth coverage of all essential first aid topics from minor injuries to major emergencies Content is thoroughly based on updated medical guidelines and evidence based practices for safe and effective care Written in clear simple language to ensure easy understanding by students teachers and the general public Includes informative illustrations and diagrams to visually support learning and practical application Organized in a quick reference format to help readers access vital information rapidly during emergencies Each chapter concludes with concise summaries and key points to reinforce learning and aid in revision Real life case studies and practical examples are integrated to demonstrate real world application of first aid skills

JRCALC Clinical Guidelines 2022 Joint Royal Colleges Ambulance Liaison Committee, Association of Ambulance Chief Executives, 2022-11-07 Combining expert advice with practical guidance the Joint Royal Colleges Ambulance Liaison Committee Clinical Guidelines are the essential resource for paramedics The guidelines are written specifically for the ambulance paramedic role providing a comprehensive overview of the principle areas they may encounter and supporting them in providing excellent patient care This 2022 edition has been updated with the latest evidence and developments in clinical practice Key reviews have taken place on guidelines within the Resuscitation and Special Situations sections as well as updates to Maternity guidelines such as Care of the Newborn and Newborn Life Support Medicine guidelines have been removed but are available on the iCPG and JRCALC Plus apps where they are regularly updated to ensure that the most up to date guidance is available to clinicians The JRCALC Clinical Guidelines 2022 now contains crucial guidance on topics including Acute Behavioural Disturbance Alcohol use disorders Low Back Pain Non Traumatic Patients with Communication Difficulties Steroid Dependent patients Vascular Emergencies Medicine information and updates to guidelines are published on the JRCALC apps iCPG and JRCALC Plus as required The JRCALC apps contain the complete and most current information

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Considerations in Relation to Diversity and Equality Conditions Requiring Specific Prehospital Clinical Management Drowning Overdose and Poisoning Seizures Resuscitate! Mickey S. Eisenberg, 2009 Sudden cardiac arrest can strike anyone at any time But in many cities people who suffer sudden cardiac arrest are up to 46 times more likely to die than those who experience cardiac arrest in Seattle and King County Washington or Rochester Minnesota an astonishing and completely preventable variance in survival rates *Solo & First Time Travellers' Handbook (eBook PDF)* Deborah Brown, 2019-12-31 A confidence builder for those who want to travel the world Travel Safe Travel Smart Travel Healthy All the know how from a travel expert who brings comprehensive practical information from the decision to go planning travelling and returning home and everything in between Let s Travel You Happy Super informative topics include Decide where to go when and for how long Savings strategies budgeting and planning Packing to perfection Passports Visas Working holiday Expert Tips throughout Inspirational stories and images Prepare for a happy healthy safe journey The ultimate guide to to your destiny of discovering the world By Going Travelling Travel You Happy **Early's Physical Dysfunction Practice Skills for the Occupational Therapy Assistant E-Book** Mary Beth Patnaude, 2021-01-15 NEW Intervention Principles for Feeding and Eating chapter is added to this edition NEW Reorganization of all chapters aligns content more closely with the Occupational Therapy Practice Framework NEW Combined chapters make the material more concise and easier to navigate **JRCALC Clinical Guidelines 2019** Association of Ambulance Chief Executives, Joint Royal Colleges Ambulance Liaison Committee, 2019-08-05 The Joint Royal Colleges Ambulance Liaison Committee guidelines are the essential resource for paramedics The 2019 edition of the book has been brought up to date with the latest evidence and developments in clinical practice JRCALC combines expert advice with practical guidance to help paramedics in their challenging roles with the overall objective of improving patient care Key updates are Resuscitation and cardiac arrest The pathophysiology of cardiac arrest checklist use and pulseless electrical activity is discussed extensively within the context of every day out of hospital practice A new guideline on tracheostomy and laryngectomy is included alongside clinical skills photographs Consent and patient confidentiality The guideline is brought up to date with the Data Protection Act 2018 following the General Data Protection Regulations Mental health presentation crisis distress and disordered behaviour A reviewed guideline supports the clinician with practical help on the assessment and management of different mental health illnesses Major complex and high risk Incidents A revision by the National Ambulance Resilience Unit covers poisons rail incidents and police incapacitants New medicines are included Activated charcoal duodote and morphine sulfate for end of life care Other reviews and updates include head injury hyperventilation syndrome stroke respiratory illness in children and acute coronary syndrome **Timby's Fundamental Nursing Skills and Concepts** Loretta A. Donnelly-Moreno, 2024-08-29 Timby s Fundamental Nursing Skills and Concepts 13th Edition is the foundational text and starting resource for novice nursing students serving as a guide through basic nursing theory and clinical skills acquisition

Rooted in philosophical principles each chapter provides insights that underscore the essence of nursing fostering compassionate care and accountability Updated to address the challenges of today s healthcare landscape this edition ensures relevance in and out of the classroom Plus it features updated nursing diagnoses NCLEX style review questions and dynamic illustrations which will further aid students in mastering the art of nursing *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 *Nancy Caroline's Emergency Care in the Streets Essentials Package* American Academy of Orthopaedic Surgeons (AAOS),2022-07-29 Nancy Caroline s Emergency Care in the Streets Essentials Package includes ContentInstructionStudent Learning MaterialsTextbookInstructor GuidePractice

Activities Audiobook Assessments Analytics Slides Only available when assigned by instructors Nancy Caroline's Emergency Care in the Streets Ninth Edition is the newest evolution of the premier paramedic education training program This legendary paramedic textbook was first developed by Dr Nancy Caroline in the early 1970s and transformed paramedic education Today lead editors Bob Elling and Barb Aehlert along with the American Academy of Orthopaedic Surgeons are proud to continue this legacy and set the new gold standard for the paramedics of tomorrow The Ninth Edition offers cutting edge evidence based content that meets or exceeds the most current scientific recommendations developed by the International Liaison Committee on Resuscitation ILCOR and the ECC Guidelines established by the American Heart Association and other resuscitation councils around the world Clear chapter objectives align with the 2019 National EMS Scope of Practice Model and 2021 EMS Education Standards Thoroughly reviewed by medical doctors and subject matter experts the Ninth Edition teaches students the technical skills required of today's paramedic while emphasizing other important professional attributes including critical thinking empathy teamwork communication problem solving and personal well being Taking a systemic approach to the assessment and management of traumatic and medical emergencies and devoting entire chapters to special topics such as mass casualty incidents the Ninth Edition covers the full scope of paramedic practice Some of the key high level updates to the Ninth Edition include the following Language carefully reviewed throughout text to ensure gender neutrality racial inclusivity and nonstigmatizing descriptions of patient conditions NEW Street Smarts boxes throughout the text to emphasize the soft skills expected of today's paramedics Images updated to reflect appropriate PPE in the current COVID 19 setting Added emphasis on current spinal motion restriction guidelines Thoroughly reviewed and updated references statistics and case studies CPR and ACLS algorithms updated throughout text to reflect the current AHA guidelines 2023 2400 pages

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Table of Contents Printable Cpr Guide

1. Understanding the eBook Printable Cpr Guide
 - The Rise of Digital Reading Printable Cpr Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Printable Cpr Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Printable Cpr Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Printable Cpr Guide
 - Personalized Recommendations
 - Printable Cpr Guide User Reviews and Ratings
 - Printable Cpr Guide and Bestseller Lists
5. Accessing Printable Cpr Guide Free and Paid eBooks

- Printable Cpr Guide Public Domain eBooks
- Printable Cpr Guide eBook Subscription Services
- Printable Cpr Guide Budget-Friendly Options
- 6. Navigating Printable Cpr Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Printable Cpr Guide Compatibility with Devices
 - Printable Cpr Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Printable Cpr Guide
 - Highlighting and Note-Taking Printable Cpr Guide
 - Interactive Elements Printable Cpr Guide
- 8. Staying Engaged with Printable Cpr Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Printable Cpr Guide
- 9. Balancing eBooks and Physical Books Printable Cpr Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Printable Cpr Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Printable Cpr Guide
 - Setting Reading Goals Printable Cpr Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Printable Cpr Guide
 - Fact-Checking eBook Content of Printable Cpr Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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