

# 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 scene 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 on a mobile phone, hold the phone to your ear and speak into the phone as you perform CPR.

### 5 START CPR



If not breathing and unresponsive.

## ADULT

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

- GIVE 30 CHEST COMPRESSIONS**
  - Push hard, push fast
  - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat as many times as needed, but highly 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
  - Push hard, push fast
  - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

## INFANT

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

- GIVE 30 CHEST COMPRESSIONS**
  - Use 2 fingers
  - Push hard, push fast
  - Push down at least 1.5 inches
- 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**
  - Look for chest rise and fall
  - Feel for a pulse at the side of the neck
- GIVE 30 CHEST COMPRESSIONS**
  - Push hard, push fast
  - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

## ADULT

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

- GIVE 30 CHEST COMPRESSIONS**
  - Push hard, push fast
  - Push down at least 2 inches
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  - Pinch nose
  - Give 2 breaths

## CHILD

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

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  - Push down at least 2 inches
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  - Head-tilt, chin-lift
  - Pinch nose
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## INFANT

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

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## PET

**STEPS FOR HOW TO PERFORM PET CPR**

- CHECK FOR BREATHING AND A PULSE**
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- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

★ 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

# Quick Reference Guide To Cpr

**Mandy Fults, Kenichiro Yagi**



## **Quick Reference Guide To Cpr:**

**Dental Emergencies: A Quick Reference Guide for Dental Professionals** Pasquale De Marco, 2025-03-22 In the fast paced world of dentistry emergencies can happen in an instant Dental professionals need to be prepared to handle a wide range of situations from minor injuries to life threatening emergencies This comprehensive guide provides dental professionals with the essential knowledge and skills needed to manage any dental emergency with confidence With clear and concise instructions this book covers everything from assessing the situation and providing first aid to administering emergency medication and coordinating with other healthcare providers Inside you ll find Step by step instructions for managing common dental emergencies such as toothaches chipped teeth and knocked out teeth In depth guidance on handling medical emergencies that can occur in a dental setting such as heart attacks strokes and allergic reactions Detailed explanations of CPR and other life saving techniques Proven strategies for controlling bleeding managing pain and reducing swelling Best practices for treating oral infections and trauma Tips for communicating effectively with patients in emergency situations With its user friendly format and evidence based content this book is an invaluable resource for any dental professional who wants to be prepared for anything Whether you re a seasoned dentist or just starting out this book will help you provide the best possible care to your patients in their time of need Don t wait until an emergency strikes Order your copy of this essential guide today and be prepared to handle any dental emergency with confidence If you like this book write a review

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***Tarascon Emergency Department Quick Reference Guide*** Pregerson, 2016-05-06 From the publishers of Tarascon Pocket Pharmacopoeia

***Veterinary Technician and Nurse's Daily Reference Guide*** Mandy Fults, Kenichiro Yagi, 2022-04-26 The revised and expanded new edition of this

classic reference to daily skills used by veterinary technicians *Veterinary Technician and Nurse's Daily Reference Guide Canine and Feline* provides rapid access to the information veterinary technicians need in clinical practice With an easy to use tabular format the book covers diagnostic and patient care skills diseases and conditions preventive care anatomy anesthesia and all other major areas of veterinary technician education and training Chapters written by experienced veterinary specialists integrate charts tables and concise explanatory text to enable quick and efficient retrieval of information Focusing on practical skills and knowledge the fourth edition features extensively revised material incorporating the latest developments evidence based guidelines and best practices in veterinary medicine Brand new chapters describe licensure and certifications in veterinary technology and discuss nursing theory and science and its relation to veterinary nursing Expanded and updated coverage includes novel therapeutics in dermatology vaccination standards pain assessment and management stress free handling and nursing care strategies RECOVER CPR guidelines and more Equally useful in the classroom and in the clinic this popular quick reference guide Provides new and updated content including coverage of advancements in diagnostic capabilities and of pharmacologic agents used in treatment and management of disease states Contains hundreds of clear illustrations and high quality photographs Includes a comprehensive table of contents in each chapter Features a companion website with forms and worksheets self review questions vocabulary flashcards links to online resources and PowerPoint slides *Veterinary Technician and Nurse's Daily Reference Guide Canine and Feline Fourth Edition* remains an invaluable resource for both student and practicing veterinary technicians and nurses of all skill and experience levels

*The Quick Reference Guide to Your Child's Health* Alia Y. Antoon, Denise M. Tompkins, 2000 Reviews the basics of child health and features alphabetically arranged entries that provide information about common symptoms childhood illnesses and diagnoses injuries emergency situations newborn care and concerns and behavior and development issues

*The Mobility Forum*, 2013 *The Copyeditor's Workbook* Erika Buky, Marilyn Schwartz, Amy Einsohn, 2019-05-14 The Copyeditor's Workbook a companion to the indispensable Copyeditor's Handbook now in its fourth edition offers comprehensive and practical training for both aspiring and experienced copyeditors Exercises of increasing difficulty and length covering a range of subjects enable you to advance in skill and confidence Detailed answer keys offer a grounding in editorial basics appropriate usage choices for different contexts and audiences and advice on communicating effectively with authors and clients The exercises provide an extensive workout in the knowledge and skills required of contemporary editors Features and benefits Workbook challenges editors to build their skills and to use new tools Exercises vary and increase in difficulty and length allowing users to advance along the way Answer keys illustrate several techniques for marking copy including marking PDFs and hand marking hard copy Book includes access to online exercises available for download

*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

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