

CPR

NO BREATHING

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest at least **2 inches** deep and at least **100** compressions per minute

TIP: *Person must be on firm, flat surface.*



2 GIVE 2 RESCUE BREATHS

- Tilt the head back and lift the chin up.
- Pinch the nose shut then make a complete seal over the person's mouth.
- Blow in for about **1** second to make the chest clearly rise.
- Give rescue breaths, one after the other.

Note: *If chest does not rise with rescue breaths, retilt the head and give another rescue breath.*



3 DO NOT STOP

Continue cycles of CPR. Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained responder or EMS personnel take over.
- You are too exhausted to continue.
- The scene becomes unsafe.

WHAT TO DO NEXT

- IF AN AED BECOMES AVAILABLE—Go to AED, PANEL 7.
- IF BREATHS DO NOT MAKE THE CHEST RISE—AFTER RETILTING HEAD—Go to Unconscious choking, PANEL 5.

TIP: *If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.*

Red Cross Cpr Study Guide 2011

**Sheryl L. Fairchild,Roberta
O'Shea,Robin Washington**



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ACSM's Certification Review ACSM,2013-02-01 ACSM s Certification Review is the ultimate resource to help you pass the exam to become a Certified Personal Trainer CPT Certified Health Fitness Specialist HFS or Certified Clinical Exercise Specialist CES Highlights include Case studies that reinforce concepts organized by KSA domains Practice Exams that contain questions for each certification level Job Task Analysis tables that provide breakdowns of all the KSAs by certification level and domain *Study Guide for Foundations and Adult Health Nursing - E-Book* Kim Cooper,Kelly Gosnell,2022-06-29 Reinforce your understanding of LPN LVN fundamentals and medical surgical nursing Corresponding to the chapters in Foundations and Adult Health Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and skills and care for patients with common disorders Review questions make it easier to achieve the objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide helps you prepare for the NCLEX PN examination Variety of exercises reinforces your understanding of adult health nursing with multiple choice matching and select all that apply questions as well as crossword puzzles Critical thinking activities ask you to apply your knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations and Adult Health Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations and Adult Health Nursing 9th Edition NEW Case studies allow you to practice and apply clinical judgment skills **New Jersey Firefighter Exam Review Guide** Lewis Morris, Learn how to pass the New Jersey Entry Level Firefighter exam and become a professional firefighter The number of candidates taking the exam has increased dramatically in recent years reflecting the desirability of the profession In order to succeed against this increased competition the candidate must be prepared to tackle the unique question types found on the exam This book contains the most up to date and accurate information to help you prepare for the New Jersey Firefighter Exam Written using lessons learned from the latest exam updates this manual squarely prepares the reader for all of the exam sub areas including expanded sections on Personality Attributes [ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription](#) David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

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 *Hotel Maintenance; A Study Guide* Cliff Robison, 2011-03-05 A plain English introduction to the basic skills and techniques of Hotel Maintenance with helpful tips diagrams and guides Includes step by step How to for some procedures and photos of an actual troubleshooting procedure Disaster Nursing and Emergency Preparedness for Chemical, Biological, and Radiological Terrorism and Other Hazards, for Chemical, Biological, and Radiological Terrorism and Other Hazards Tener Goodwin Veenema, 2012-08-24 The new edition of this AJN Book of the Year continues to provide nurses with the most comprehensive current and reliable information available so they can develop the skills to efficiently and effectively respond to disasters or public health emergencies Meticulously researched and reviewed by the world's foremost experts in preparedness for terrorism natural disasters and other unanticipated health emergencies the text has been revised and updated with significant new content including 10 new chapters and a digital adjunct teacher's guide with exercises and critical thinking questions This new edition has strengthened its pediatric focus with updated and expanded chapters on caring for children's physical mental and behavioral health following a disaster New chapters address climate change global complex human emergencies caring for patients with HIV AIDS following a disaster information technology and disaster response and hospital and emergency department preparedness The text provides a vast amount of evidence based information on disaster planning and response for natural and environmental disasters and those caused by chemical biological and radiological elements as well as disaster recovery It also addresses leadership management and

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us all to prepare for and respond to anticipated disruptions and potential hazards following a disaster As individuals we can prepare our homes and families to cope during that critical period Through pre event planning neighborhoods and worksites can also work together to help reduce injuries loss of lives and property damage Neighborhood preparedness will enhance the ability of individuals and neighborhoods to reduce their emergency needs and to manage their existing resources until professional assistance becomes available Studies of behavior following disasters have shown that groups working together in the disaster period perform more effectively if there has been prior planning and training for disaster response These studies also show that organized grassroots efforts may be more successful if they are woven into the social and political fabric of the community neighborhood associations schools workplaces places of worship and other existing organizations Effective response therefore requires comprehensive planning and coordination of all who will be involved government volunteer groups private businesses schools and community organizations With training and information individuals and community groups can be prepared to serve as a crucial resource capable of performing many of the emergency functions needed in the immediate post disaster period The CERT Program is designed to train individuals to be assets to help communities prepare for effective disaster response Audience Effective response therefore requires comprehensive planning and coordination of all who will be involved government volunteer groups private businesses schools and community organizations With training and information individuals and community groups can be prepared to serve as a crucial resource capable of performing many of the emergency functions needed in the immediate post disaster period The CERT Program is designed to train individuals to be assets to help communities prepare for effective disaster response Related items Companion to CERT Basic Training Instructor s Guide that can be found here <https://bookstore.gpo.gov/products/sku/027-002-00628-3> Emergency Management First Responders publications can be found here <https://bookstore.gpo.gov/catalog/security-defense-law-enforcement/emergency-management-first-responders> *Nursing Diagnosis Handbook - E-Book* Betty J. Ackley,Gail B. Ladwig,2013-01-20 The 10th edition of the Nursing Diagnosis Handbook makes formulating nursing diagnoses and creating individualized care plans a breeze Updated with the most recent NANDA I approved nursing diagnoses this convenient reference shows you how to build customized care plans in three easy steps assess diagnose plan Authors Elizabeth Ackley and Gail Ladwig use Nursing Outcomes Classification NOC and Nursing Interventions Classification NIC to guide you in creating care plans that include desired outcomes interventions patient teaching and evidence based rationales Unique Care Plan Constructor on the companion Evolve website offers hands on practice creating customized plans of care Alphabetical thumb tabs allow quick access to specific symptoms and nursing diagnoses Suggested NIC interventions and NOC outcomes in each care plan Recent and classic research examples promote evidence based interventions and rationales NEW 4 Color text NEW Includes updated 2012 2014 NANDA I approved nursing diagnoses NEW Provides the latest NIC NOC interventions and rationales for every care plan NEW QSEN Safety interventions and rationales

NEW 100 NCLEX exam style review questions are available on the companion Evolve website NEW Root Causing Thinking and Motivational Interviewing appendixes on the companion Evolve website *International Disaster Response Law* Andrea de Guttry, Marco Gestri, Gabriella Venturini, 2012-08-31 With a Foreword by Kristalina Georgieva European Commissioner for International Cooperation Humanitarian Aid and Crisis Response Over the last decades natural and man made disasters have been increasing in terms of frequency size number of people affected and material damage caused There is growing awareness of the importance of adequate national and international legal frameworks for disaster prevention mitigation and response The implementation of these frameworks however poses serious challenges This book analyses International Disaster Response Law as developed in recent times and identifies the main existing normative gaps The authors address the rights and duties of States in preventing and mitigating disasters in facilitating access to their territory for humanitarian relief actors as well as issues related to liability and compensation Due attention is paid to European Union law governing disaster response and to its reform in the light of the Lisbon Treaty and to the main trends in domestic legislation Human rights obligations are thoroughly examined and the potential relevance of international criminal law is assessed Additional topics such as the status of relief personnel the hindrances to the delivery of relief consignments by customs and excise administration the use of civilian and military defence assets in emergency situations the mechanisms and procedures available to offer financial support for recovery and rehabilitation risk insurance and the issue of corruption during disaster related activities are specifically addressed By drawing on the expertise of lawyers political scientists economists and humanitarian practitioners the book promotes much needed interdisciplinary dialog and sheds light on a largely uncharted field of research It is therefore essential reading for academics and practitioners in international and EU law policy makers civil protection and humanitarian operators and for anyone interested in exploring the legal facets of the international community s response to large scale calamitous events Over the last decades natural and man made disasters have been increasing in terms of frequency size number of people affected and material damage caused There is growing awareness of the importance of adequate national and international legal frameworks for disaster prevention mitigation and response The implementation of these frameworks however poses serious challenges This book analyses International Disaster Response Law as developed in recent times and identifies the main existing normative gaps The authors address the rights and duties of States in preventing and mitigating disasters in facilitating access to their territory for humanitarian relief actors as well as issues related to liability and compensation Due attention is paid to European Union law governing disaster response and to its reform in the light of the Lisbon Treaty and to the main trends in domestic legislation Human rights obligations are thoroughly examined and the potential relevance of international criminal law is assessed Additional topics such as the status of relief personnel the hindrances to the delivery of relief consignments by customs and excise administration the use of civilian and military defence assets in emergency situations the mechanisms and procedures available to offer financial

support for recovery and rehabilitation risk insurance and the issue of corruption during disaster related activities are specifically addressed By drawing on the expertise of lawyers political scientists economists and humanitarian practitioners the book promotes much needed interdisciplinary dialog and sheds light on a largely uncharted field of research It is therefore essential reading for academics and practitioners in international and EU law policy makers civil protection and humanitarian operators and for anyone interested in exploring the legal facets of the international community s response to large scale calamitous events

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 months Start your little one on solid foods the healthy way Simple Safe Baby Led Weaning empowers you to help your baby feed themselves while they develop motor skills and an adventurous palate This comprehensive BLW book provides parents with the necessary knowledge and confidence to embark on the weaning journey Learn when to begin baby led weaning and what to expect along the way while also getting practical advice for creating balanced whole food meals that your baby can eat alongside the rest of the family Go beyond other baby food books about feeding with advice for Getting started Discover a basic overview of how baby led weaning works and find out if and when it s the right approach for your baby Staying safe Breathe easy with safety guidelines that include information on prohibited foods and smart kitchen habits Identifying allergies Find out how to navigate allergies and sensitivities as your baby tries new foods for the first time Help your baby take the lead on their exploration of solid foods with this accessible and wholesome baby led feeding book

Pierson and Fairchild's Principles & Techniques of Patient Care - E-Book Sheryl L. Fairchild, Roberta O'Shea, Robin Washington, 2017-03-24 Master the basics of rehab patient care with Pierson and Fairchild s Principles Techniques of Patient Care 6th Edition This proven text not only provides clear how to information on everything from positioning and draping to patient transfers and ambulation activities but it also includes easy to understand rationales explaining the why behind these proven techniques This new edition has been thoroughly updated to reflect the most current accepted patient care standards principles and techniques Plus additional video clips and expanded learning resources will help ensure you have a solid mastery of patient care in the rehabilitation setting Content based on the World Health Organization s ICF model International Classification of Functioning Disability and Health the model currently endorsed by the APTA and AOTA ensures you are referencing information that stems from the most current theories and practice guidelines of physical and occupational therapy Procedures boxes with clear written instructions are accompanied by full color illustrations on performing a variety of proven techniques and patient care tasks such as proper lifting techniques patient transfers basic wound care and assessment of vital signs Insights into the rationales and physiological principles explain why specific techniques and procedures are used More than 800 full color photographs clearly demonstrate proper performance of techniques and procedures used in the assessment and management of patients in the rehabilitation setting Guidelines principles and precautions boxes throughout the text offer additional tips for optimal

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Construction Hazardous Materials Compliance Guide R. Dodge Woodson, 2012-02-24 Disturbing asbestos materials during construction is a serious hazard that all contractors may 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

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