

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 number to get on scene and the victim is lying on a firm and flat surface lying on their back

5 START CPR



If not breathing and no response

ADULT

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

1 GIVE 30 CHEST COMPRESSIONS

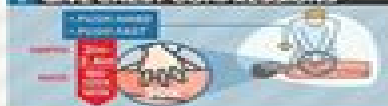


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

CHILD

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

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CHEST COMPRESSIONS

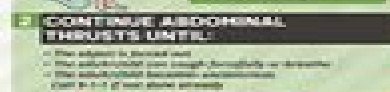


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

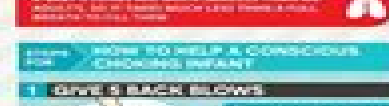


2 GIVE 2 RESCUE BREATHS

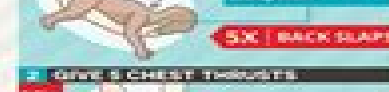


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1 GIVE CHEST COMPRESSIONS

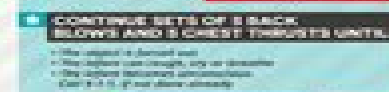


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



20X

1 GIVE CHEST COMPRESSIONS

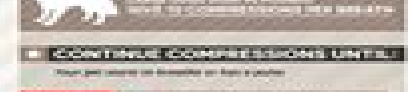


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

★ 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

Red Cross Cpr Study Guide 21

K Morrison

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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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 *WHO neonatal resuscitation manikin* ,2021-10-15 The United Nations Commission on Life Saving Commodities UNCLSC 2012 defined 13 health products to end preventable deaths of woman and children One of those 13 products is the neonatal resuscitator is indispensable medical device to save newborns from asphyxia at birth For the efficient use of neonatal resuscitation training of healthcare professionals using neonatal resuscitation manikins is the most effective approach Critical lifesaving trainings calls for the need of neonatal resuscitation manikins with the right features The purpose of the WHO neonatal resuscitation manikin technical specifications is to provide a minimum standard baseline to meet the increasing demand to procure good quality affordable accessible and appropriate neonatal resuscitation manikins Towards the development of this baseline this document includes compilation of available scientific evidence from technical literature international publications expert reviews and an industry survey which was conducted by WHO medical devices team **Serving Military Families in the 21st Century** Karen Rose Blaisure,Tara Saathoff-Wells,Angela Pereira,Shelley MacDermid Wadsworth,Amy Laura Dombro,2012-08-17 This text introduces readers to military families their resilience and the challenges of military life 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

National Library of Medicine Audiovisuals Catalog National Library of Medicine (U.S.), **Aquatic Fitness Professional Manual** Aquatic Exercise Association, 2025-03-13 Water exercise is a proven fitness activity with health and well being benefits for all age groups abilities and fitness levels As such it is one of the most popular fitness trends among those seeking effective reduced impact options for group exercise small group training personal sessions and rehabilitation therapy As the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and a recommended resource for the certification exam of the Aquatic Therapy Rehab Institute ATRI Aquatic Fitness Professional Manual Eighth Edition is the most comprehensive resource available to help you design and lead effective exercise sessions in the pool With contributions from 23 industry experts Aquatic Fitness Professional Manual covers the foundations of fitness and exercise the aquatic environment and instruction and programming You will learn how to energize your teaching with techniques based on popular fitness formats such as functional training yoga boot camp Ai Chi circuits and intervals and programs for various chronic conditions You ll also find updated information on shallow and deep water exercise Presenting a new full color format and updates that reflect the latest research and exercise guidelines the eighth edition also incorporates the following AEA standards and guidelines for aquatic fitness programming Expanded guidelines for working with special populations and those with health conditions including dementia and autism spectrum disorder Facts about the benefits of exercise on cognitive health and programming ideas for cognitive fitness training A new section on diversity equity inclusion and accessibility For those preparing for the AEA Aquatic Fitness Professional certification exam you ll find a detailed glossary and index key chapter concepts at the beginning of each chapter and a summary and review questions at the conclusion of each chapter to help you study Additionally downloadable resources delivered online through HKPropel include practical tools such as instructor worksheets and sample class formats Nowhere else will you find the fitness applications and comprehensive programming you need in one convenient resource Aquatic Fitness Professional Manual will not only help you in preparing for certification but also aid you in cultivating the critical skills needed to lead safe enjoyable and effective aquatic exercise programs Note A code for accessing HKPropel is included with this ebook

Enlisted Transfer Manual United States. Naval Military Personnel Command, 1992 *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

Handbook of Research on Blended Learning Pedagogies and Professional Development in

Higher Education Keengwe, Jared, 2018-07-20 Online and blended courses are becoming increasingly prevalent in higher education settings and the pressures to incorporate these environments highlights the increased demand to serve a generation that prefers learning through experience or through interacting with learning tools Challenges arise in assisting instructors in facilitating and designing blended learning environments that will provide effective learning for all students The Handbook of Research on Blended Learning Pedagogies and Professional Development in Higher Education is a critical research publication that delves into the importance of effective professional development for educators planning and teaching online or blended courses It also establishes the benefits of technology mediated learning environments over traditional learning methods Highlighting a wide array of topics such as online learning environments active learning model and educational development this publication explores technology based teaching methods in higher education This book is targeted toward educators educational administrators academicians researchers and professionals within the realm of higher education

Health Media Review Index, 1984-86

Deborah J. McCalpin, 1988 No descriptive material is available for this title

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