

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 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 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 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
- 3. CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:**
 - The object is forced out
 - The infant can cough, breathe or breathe
 - The infant becomes unconscious
 - Call 9-1-1 if not alone

★ 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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RS Peters



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A TEXTBOOK OF COMMUNITY HEALTH NURSING For B.Sc. Nursing VII Semester Mr. Prem Prakash Suman, Dr. Amita Joseph, Prof. (Dr.) Trilok Sompura, 2024-11-19 Abdominal pain is a common symptom that can stem from a wide array of causes making it a significant concern for many individuals seeking medical attention This discomfort which can range from mild to severe might be acute occurring suddenly and intensely or chronic persisting over a long period The abdominal region encompassing everything from the lower ribs to the pelvis houses numerous vital organs including the stomach intestines liver pancreas spleen and kidneys Consequently pain originating from this area can be complex with a broad differential diagnosis depending on the organ involved and the nature of the pain *Essential Nursing Guide For Everyone* Sister Jhonsy, *Essential Nursing Guide For Everyone A Practical Guide For Parents Caregivers First Aiders* By Sister Jhonsy Are you ready to feel calm confident and prepared in moments of need This essential nursing and caregiving guide is written in simple clear language so that anyone parents caregivers first aiders or community helpers can learn life saving skills and provide compassionate care Whether it s handling everyday health issues or responding to emergencies this book gives you the nursing skills first aid techniques and confidence you need Inside this guide you will learn How to assess situations quickly and act in the first 60 seconds Step by step nursing skills for wounds burns fever fractures and breathing problems CPR and choking response for infants children and adults Safe ways to manage medication hygiene and home nursing care How to prepare a caregiver s first aid kit without overspending Tips for elderly care child care and family emergencies Self care for caregivers to prevent burnout and stay strong Why this book is different Written in plain easy to follow language no confusing medical jargon Packed with real life examples and scenarios to make learning practical Designed for parents teachers caregivers and first aiders no prior medical knowledge required Includes checklists quick reference notes and caregiver toolkits Perfect for Parents who want to keep their families safe Caregivers supporting loved ones at home Teachers volunteers and community helpers Students exploring nursing caregiving or health education Care is a human skill With calm hands and simple steps you can make a life saving difference If you want to feel empowered prepared and confident this book will be your trusted guide Buy now and take the first step toward becoming the capable caregiver your loved ones can always rely on 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 Handbook of Risk and Insurance

Strategies for Certified Public Risk Officers and other Water Professionals Frank Spellman, Lorilee Medders, Paul Fuller, 2021-10-19 This book serves as a technical yet practical risk management manual for professionals working with water and wastewater organizations. It provides readers with a functional comprehension of water and wastewater operations as well as a broad understanding of industry derivations and various stakeholder interconnectivity. This knowledge is imperative as most administrative professionals are proficient in their respective areas of expertise but sometimes lack fluency on the broader technical aspects of their organization's purpose, operations, and externalities. It also examines risk management best practices and provides an actionable review of doing the right thing the right way every time through a combination of core risk management principles. These include enterprise, strategic, operational, and reputational risk management as well as risk assessments, risk frequency matrixes, checklists, rules, and decision-making processes. Finally, the book addresses the importance of risk transfer through insurance policies and provides best practices for the prudent selection of these policies across different scenarios. Features: Provides an understanding of water and wastewater technical operations to properly implement sound risk management and insurance programs. Emphasizes the importance of building well-designed resilient systems such as policies, processes, procedures, protocol, rules, and checklists that are up to date and fully implemented across a business. Offers a detailed look into insurance policy terms and conditions and includes practical checklists to assist readers in structuring and negotiating their own policies. Handbook of Risk and Insurance Strategies for Certified Public Risk Officers and Other Water Professionals combines practical knowledge of technical water/wastewater operations along with the core subjects of risk management and insurance for practicing and aspiring professionals charged with handling these vital tasks for their organizations. Readers will also gain invaluable perspective and knowledge on best-in-class risk management and insurance practices in the water and wastewater industries.

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.

Fundamentals of Athletic Training and Sports Medicine

Lorin A. Cartwright, Kimberly S. Peer, 2024-10-18 This textbook offers a well rounded introduction to the fields of sports medicine and athletic training In an engaging full color layout it addresses common injuries and illnesses often encountered in the field and it explains the professional and administrative aspects of being an athletic trainer or sports medicine specialist Fundamentals of Athletic Training and Sports Medicine Fifth Edition With Web Resource provides students with foundational knowledge and skills as well as the opportunity to explore the possibility of sports medicine as a career Topics covered in this text correspond to the National Athletic Trainers Association s secondary level sports medicine course description While each unit in the text can stand alone the topics are progressive in nature Students will first obtain a knowledge of human anatomy and the physiology of injury and tissue healing before learning about various types of injuries conditions and illnesses The text then addresses the fundamentals of rehabilitation injury prevention and return to play criteria including psychological aspects The fifth edition covers the latest developments in athletic training regarding treatment care and prevention of injuries administration and certification Updated and expanded content includes information on head injury diagnosis and management new treatment modalities new taping techniques and the effects of therapeutic recreational and performance enhancing drug use Other learning friendly features in this edition include the following Red Flags which warn of potentially hazardous situations What Would You Do If features which present students with complex scenarios to test their decision making in life threatening situations The Real World features which share actual experiences from practicing sports medicine professionals A robust teacher guide with activities assignments and tests to support classroom instruction A student web resource with 28 step by step worksheets for performing specific tasks activities that provide hands on experience and a semester long project for building practical skills Authors Cartwright and Peer provide comprehensive coverage of topics in 35 chapters organized into nine units a glossary an index and an exhaustive list of updated references that attests to the authoritativeness of the information provided Fundamentals of Athletic Training and Sports Medicine Fifth Edition is a thorough guide for students to understand the scope of the role as well as the skills and expertise necessary to embark on the path to a career in sports medicine **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 **Los Angeles Firefighter Exam Review Guide** Lewis Morris, 2016-01-28 Learn how to pass the new Los Angeles 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 Los Angeles Firefighter Exam Written using lessons learned from the latest 2016 exam updates this manual squarely prepares the reader for all of the exam sub areas including expanded sections on the Video Segment and Personality Exam **Magill's Medical Guide** Anne Chang,2008 Covers diseases disorders treatments procedures specialties anatomy biology and issues in an A Z format with sidebars addressing recent developments in medicine and concise information boxes for all diseases and disorders NSCA's Guide to High School Strength and Conditioning Patrick McHenry,NSCA -National Strength & Conditioning Association,Mike Nitka,2022 NSCA s Guide to High School Strength and Conditioning equips you to deliver the highest quality strength and conditioning program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator *American Red Cross First Aid/CPR/AED Instructor's Manual* American Red Cross,2021-10-30

Occupational Safety and Health Simplified for the Industrial Workplace Frank R. Spellman,2015-12-22 Occupational Safety and Health Simplified for the Industrial Workplace serves industrial businesses workplaces and managers who want quick answers to complicated questions It is an essential reference for everyone involved with the safety and health of workers in the industrial workplace **Hydraulic Fracturing Wastewater** Frank R. Spellman,2017-05-08 This book provides a balanced discussion about the wastewater generated by hydraulic fracturing operations and how to manage it It includes an in depth discussion of the hydraulic fracturing process the resulting water cycle and the potential risks to groundwater soil and air The fracking process involves numerous chemicals that could potentially harm human health and the environment especially if they enter and contaminate drinking water supplies Treatment reuse and disposal options are the focus and several case studies will be presented The book also discusses the issues of the large amounts of water required for drilling operations the impacts on water sensitive regions American Red Cross First Aid/ CPR/ AED Participant's Manual American Red Cross,2021-10-19 **Disaster Survival Guide - Be Prepared for Any Natural Disaster** Federal Emergency Management Agency,2023-12-12 The Disaster Survival Guide Be Prepared for Any Natural Disaster by the Federal Emergency Management Agency FEMA serves as an essential resource for individuals and communities aiming to navigate the complexities of natural disasters Written in an accessible and informative style the guide provides practical strategies and detailed checklists that empower readers to prepare for a multitude of emergencies including hurricanes earthquakes floods and wildfires Contextually relevant this guide emerges from an era marked by climate change and increasing disaster frequency making its teachings timely and imperative for public safety and resilience The Federal Emergency Management Agency an agency of the U S Department of Homeland Security is dedicated to assisting citizens in preparing for responding to and recovering from disasters Drawing on extensive research collaborations with emergency services and firsthand accounts from disaster response efforts FEMA s compendium reflects a wealth of knowledge and experience The agency s commitment to education and community preparedness is evident in this guide

which aims to foster resilience at both individual and collective levels I highly recommend this guide to anyone seeking to enhance their disaster readiness Whether you are a seasoned survivalist or a concerned citizen the insights and actionable advice within this book are invaluable Equip yourself with the knowledge needed to protect yourself and your loved ones in times of crisis Safe Work Practices for Wastewater Treatment Plants Frank R. Spellman, Kathern D. Welsh, 2018-10-08

This book details how to start and maintain a successful safety program in a municipal or industrial water or wastewater plant with special emphasis on the practical implementation This new edition provides the latest OSHA regulations and recommendations and each chapter has been updated with new information including the latest innovations related to all types of successfully proven health and safety protocols Coverage includes safety programs recordkeeping safety training safety equipment and safe work practices for wastewater treatment facilities In addition much of the text should be relevant to safety and health professionals in almost any industrial setting Surviving an OSHA Audit Frank R.

Spellman, 2020-12-17 Hailed on its first publication as a masterly account detailing a roadmap for compliance with workplace standards regulations and rules Surviving an OSHA Audit A Management Guide Second Edition is specifically designed for managers and other professionals who seek to provide a safe work environment It also serves as a helpful reference for those who want to keep OSHA from repeatedly knocking on the door and issuing citations that can be both embarrassing and expensive Completely revised and updated with eight important chapters added emphasis is placed on compliance through vigilance and proper work practices With compliance in mind it is important to recognize that OSHA regulations standards or rulings are not static they continue to be revised over time This new edition highlights those areas of regulation that have changed as well as those that are still current and relevant Features Fully updated to reflect the most up to date changes in regulation Presents numerous practical examples throughout Examines the importance of and best practices for recordkeeping protocols This book is an excellent resource and guide relevant to a broad audience including academia legal professionals workplace managers safety professionals students and administrators at all levels Foundations for

Population Health in Community/Public Health Nursing - E-Book Marcia Stanhope, Jeanette Lancaster, 2021-10-08 Master the essentials of health promotion in community and public health nursing Foundations for Population Health in Community Public Health Nursing 6th Edition provides clear concise coverage of the nurse's role in preventing disease promoting health and providing health education in community settings Case studies and critical thinking activities make it easier to apply concepts to community nursing practice New to this edition are Healthy People 2030 guidelines and coverage of the latest issues trends and approaches Written by well known nursing educators Marcia Stanhope and Jeanette Lancaster this streamlined text covers the fundamentals of designing effective nursing strategies for vulnerable and special populations Focus on health promotion throughout the text emphasizes initiatives strategies and interventions that promote the health of the community QSEN boxes illustrate how quality and safety goals competencies objectives knowledge skills and attitudes

can be applied in nursing practice in the community Levels of Prevention boxes identify specific nursing interventions at the primary secondary and tertiary levels reinforcing the concept of prevention as it relates to community and public health care Applying Content to Practice boxes highlight how chapter content is applied to nursing practice in the community Practice Application scenarios present practice situations with questions and answers to help you apply concepts to community practice Genomics coverage provides a history of genetics and genomics and how they impact public community health nursing care Coverage of ongoing health care reform issues includes the impact of the Patient Protection and Affordable Care Act of 2010 ACA on public health nursing Evidence Based Practice boxes highlight current research findings their application to practice and how community public health nurses can apply the study results NEW COVID 19 pandemic information has been added NEW Healthy People 2030 objectives are highlighted throughout the book addressing the health priorities and emerging health issues expected in the next decade NEW Updated content and figures reflect the most current data issues trends and practices NEW Expanded Check Your Practice boxes use Clinical Judgment Next Generation NCLEX steps to guide your thinking about practice scenarios

Edukasi Pertolongan Pertama Imroatul Azizah, S.ST.,
M.Keb.,2024-08-12 Anak anak khususnya bayi balita dan anak prasekolah berada dalam masa tumbuh kembang yang sangat rentan terhadap kecelakaan dan situasi darurat medis Oleh karena itu pengetahuan tentang pertolongan pertama sangat penting untuk dimiliki oleh semua pihak yang terlibat dalam pengasuhan dan pendidikan mereka Buku ini mencakup berbagai topik penting termasuk penanganan luka tersedak kejang reaksi alergi serta cara menangani situasi kritis lainnya Setiap bab disusun dengan pendekatan yang sistematis dan dilengkapi dengan ilustrasi yang membantu pembaca memahami langkah langkah yang harus diambil dalam situasi darurat Buku ini disusun dengan harapan dapat memberikan informasi yang mudah dipahami dan langkah langkah praktis yang dapat diambil untuk merespons situasi kegawatdaruratan

American Red Cross First Aid/CPR/AED ,2014

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