## CPR

#### NO BREATHING

#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

## 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.



#### Q 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.



#### 8 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

**Rick Curtis** 

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Nursing Diagnosis Handbook Betty J. Ackley, MSN, EdS, RN,Gail B. Ladwig, MSN, RN,2013-02-13 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 The Anthropology Graduate's Guide Carol J Ellick, Joe E Watkins, 2011 A practical guide for graduating anthropology students on how to present their anthropological knowledge skills and abilities to employers to begin a career

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

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