

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 local emergency number. If you are alone, you must 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 only 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 dog's heart is located. 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 speak
 - 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 speak
 - 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 forearm, with their head lower than their chest.
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, with their head lower than their chest.

★ 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 Aed Study Guide Manual

**Mr. Prem Prakash Suman, Dr. Amita
Joseph, Prof. (Dr.) Trilok Sompura**

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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.

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The Bedford Guide for College Writers with Reader, Research Manual, and Handbook X. J. Kennedy, Dorothy M. Kennedy, Marcia F. Muth, 2011-01-06 With its process-oriented rhetoric, provocative thematic reader, up-to-date research manual, and comprehensive handbook, The Bedford Guide for College Writers gives your students the tools they need to succeed as writers—all in one book. Each of the book's four main components has been carefully developed to provide an engaging, well-coordinated guide for student writers. This edition's new, more open design and sharper focus on active learning do even more to help students develop transferable skills. The Bedford Guide for College Writers prepares students to be the confident, resourceful, and independent writers they will need to be.

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.

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

Handbook of International Electrical Safety Practices Princeton Energy Resources International,2011-01-06 A valuable and comprehensive safety reference for any organization working with or around electricity This comprehensive guide informs working professionals in multiple industries such as manufacturing processing or energy about safety procedures that should be used on the job It informs the reader about the hazards in the work place and what to do to make sure he she is protected The Handbook of International Electrical Safety Practices presents readers with the proper organizational skills needed to avoid hazardous injuries details environmental monitoring techniques and discusses how to ensure that proper protection is used on the job The authors cover not only obvious electrical safety considerations such as exposed wires and evacuation plans but everything related to electrical safety such as air quality sound level and radiation This reference provides the most comprehensive coverage for any company to keep employees informed and to keep their work environment safe The Handbook of International Electrical Safety Practices Contains working plans and templates for evaluating safety procedures and conditions in the plant Covers common hazards and how to avoid them such as radiation noise air quality fire and electric shock Gives a comprehensive view of workers rights and international regulations Goes beyond regulations and laws to provide a workable blueprint for creating a safe industrial environment

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

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American Red Cross First Aid/CPR/AED Instructor's Manual American Red Cross,2021-10-30

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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

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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

Environmental Impacts of Hydraulic Fracturing Frank R. Spellman,2012-09-17 There is a strong need for innovation and the development of viable renewable energy sources Recent technological advances now allow natural gas supplies previously believed inaccessible or nonexistent to be discovered mined and processed for both industrial and consumer use The technology a controversial process that is alternatively called h

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 **Emergency Preparedness** Don Philpott, 2016-03-15

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