

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+)

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- 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)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

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

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats. If no pulse, start CPR.
- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- 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
- 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

- 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
- 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

- GIVE 5 BACK BLOWS**
 - Place the infant on your forearm, with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, with their head lower than their chest

PET

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

- GIVE 5 BACK BLOWS**
 - Place the pet on your forearm, with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
 - Place the pet 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

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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

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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 *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 **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 **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

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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

The CDA Prep Guide Debra Pierce, 2014-03-03 Expert advice from a personal mentor to lead you through the new CDA process Major changes have been made to the Child Development Associate CDA Credential process This guide has been updated to reflect all of the new material and requirements to help you reach your educational and career goals as you earn the Credential This third edition of The CDA Prep Guide has designated center based preschool center based infant toddler and family child care sections with information specific to each setting Throughout this book easy to understand assistance as well as sample documents and forms will help simplify the required tasks of CDA documentation and assessment as you Assemble the Resource Collection for your Professional Portfolio Compose the six Reflective Statements of Competence Distribute and collect the Family Questionnaires Select a Professional Development Specialist Prepare yourself and your setting for the observation Complete the application Prepare for the CDA Exam Prepare for the Verification Visit This book is intended to supplement the materials you receive from the

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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

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

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