

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 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
 - Push hard
 - Push fast
- 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

4 RESCUE BREATHS ARE MUCH EASIER TO PERFORM THAN 2 RESCUE BREATHS. IF YOU ARE UNABLE TO GIVE 2 RESCUE BREATHS, GIVE 4 RESCUE BREATHS.

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - Check for breathing and a pulse. 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.
- 2. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
 - Push hard, push fast
- 3. IF NO PULSE, START CPR**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 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 down, feet pointing up
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your back, head down, feet pointing up
- 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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American Red Cross CPR Instructor's Manual American Red Cross,1988 American Red Cross CPR for the Professional Rescuer American Red Cross,1993 **American Red Cross Sports Safety Training Im** Granada Learning Limited,1997-12 **Telecourse Study Guide to Here's to Your Health** Dcccd,1987-11 *Saving Lives* United States. Congress. House. Committee on Commerce. Subcommittee on Health and the Environment,2000 First Aid - Responding to Emergencies ,1996 **The National Guide to Educational Credit for Training Programs** American Council on Education,2005 Highlights over 6 000 educational programs offered by business labor unions schools training suppliers professional and voluntary associations and government agencies **American Red Cross Community CPR** American Red Cross,1988 *The Adrenaline Junkie's Bucket List* Christopher Van Tilburg,2013-07-16 The Adrenaline Junkie s Bucket List provides a heart stopping and essential guide to the best extreme outdoor adventures on every continent Imagine kayaking the churning whitewater of Africa s wild and wet Zambezi River Getting barreled in a wave surfing Fiji s legendary Cloudbreak reef Trekking New Zealand s famed Milford Track through the lush green fiords This book is the ultimate guide for the outdoor and sports enthusiasts seeking out the world s most fantastic adventures It runs the gamut of water mountain and hiking sports for all skill levels from beginners to experts Written by a veteran outdoor adventure expert author and wilderness physician Christopher Van Tilburg it presents readers with one hundred amazing and challenging voyages all over the world Organized by continent the book offers fifteen to twenty five trips of a wide variety in each section and also covers local lore and history hotel and restaurant recommendations and other relevant services Sidebars throughout contain practical advice for the adventure travel enthusiast on health safety and outdoor life This is the perfect book for extreme athletes and armchair travelers looking for an adventurous read **Resources in education** ,1982-05 American Red Cross First Aid American Red Cross,2005 **Medical Emergencies in the Dental Office - E-Book** Stanley F. Malamed,2007-02-20 This full color text prepares dental professionals to promptly and proactively recognize and manage medical emergencies that may occur in the dental office It details how to anticipate potential emergencies and what resources must be on hand to deal effectively with these situations The book is arranged in eight sections concentrating on topics such as prevention of emergencies through patient evaluation medical history and specific types of more common emergencies that practitioners may encounter Algorithms located in the appendices provide step by step diagrams showing the decision making process in each of several common emergency situations PABCD boxes throughout text remind the reader of American Heart Association guidelines on Positioning Airway Breathing Circulation and Definitive management and explain the relevance of these guidelines to the topic being discussed Chapters are organized into sections based upon types of common emergency situations Chapter on Preparation includes an updated emergency drug and equipment kit to reflect materials that are safe and currently available on the market Full color drawings and updated photographs add realism to

situations and equipment Information on AEDs Automated Electronic Defibrillators explains why these should be mandatory in every dental practice and describes how to use these devices properly A Pediatric Considerations chapter covers pediatric CPR and guidelines for basic life support A Medicolegal Considerations chapter discusses topics such as theories of liability definitions of emergencies and standards and limitations and requirements of the doctor patient relationship An Evolve website contains the Instructor s Resource Manual an electronic image collection and an ExamView test bank

Comprehensive Respiratory Care David H. Eubanks,1985 Standard First Aid American Red Cross Staff,1990

Utah State Bulletin ,2010 the official noticing publication of the executive branch of Utah State Government

Biology ,1986 **Cryogenic Information Report** ,1988 **Today's Family Guide to Austin, 1993-1994** Lynda

Crowell,1993-07 Today s Family guide includes licensed child care facilities geographical public and private schools summer programs clubs and organizations sports programs recreation support groups parks museums libraries retirement communities licensed adult day care custodial care personal care and nursing facilities services to aid the caregiver or homebound *Athletic Training Exam Review* Barbara H. Long,Charles W. Hale,2010 This new Study Guide for Athletic Training students provides a framework to begin certification examination preparation Students will use this to focus their study as a part of a preparation program The outline format allows students to look over chapters at a glance to determine potential deficiencies in recall The text mimics the current Board of Certification BOC examination format and focuses exclusively on the 12 NATA Educational Competencies as the framework The text also offers the reader a concise look at anatomy and physiology with many tables and pictures for the visual learner The book is the only BOC examination preparation guide that includes content with the 2000 questions An accompanying interactive DVD ROM includes videos animations images interactive quizzes labeling exercises supplemental content and more Sea Scout Manual Boy Scouts of America,1987

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