

# 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 first call 9-1-1 before starting CPR. If you are with a partner, one person should call 9-1-1 while the other starts CPR.

### 5 START CPR



If not breathing and no response, start CPR immediately.

## 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
  - 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

## 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
  - Push hard, push fast
- 3. IF NO PULSE, START CPR**
  - Give 2 rescue breaths
  - Give 30 chest compressions
- 4. RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths
- 5. CONTINUE COMPRESSIONS UNTIL:**
  - The pet begins to breathe
  - An AED is ready to use
  - A trained rescuer arrives
  - You are too exhausted to continue

★ 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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**Tarascon Emergency Department Quick Reference Guide** Pregerson, 2016-05-06 From the publishers of Tarascon Pocket Pharmacopoeia The Easy Guide to OSCEs for Specialties Nazmul Akunjee, Muhammed Akunjee, Syed Jalali, Shoaib Siddiqui, Dominic Pimenta, Dilsan Yilmaz, 2016-12-19 This second edition of the highly successful Easy Guide to OSCEs for Clinical Specialties provides a comprehensive yet succinct resource to get you through each clinical rotation as well as the Final exam Compiled by recently qualified doctors who have experienced the new OSCE system first hand the book covers over 80 OSCE examination stations in a wide range of different subjects Brand new to this edition are chapters on Psychiatry non accidental injury in children and an On the Wards section covering both Anaesthetics and Palliative Care All management suggestions are updated in line with NICE guidance and evidence base and new time saving student friendly mnemonics have been added to make the book even more user friendly This book will ease the already burdensome workload of medical students and help them pass their OSCEs to become junior doctors competent in a wide range of different skills in medical fields **Basic Guide to Medical Emergencies in the Dental Practice** Philip Jevon, 2014-03-07 The Basic Guide to Medical Emergencies in the Dental Practice is a must have book for all dental care professionals and general dentists Written in a clear and accessible style this second edition has been fully revised and updated in line with the latest guidelines Chapters cover such key topics as the ABCDE approach to patient assessment resuscitation equipment respiratory and cardiac disorders paediatric emergencies and legal and ethical issues Readers will also find two brand new chapters on the principles of first aid and drugs for medical emergencies Follows Resuscitation Council UK Guidelines Companion website with self assessment exercises serving as revision as well as non verifiable CPD credit Over 50% new images Student friendly colourful layout with learning outcomes *Basic Guide to Dental Sedation Nursing* Nicola Rogers, 2019-11-05 Basic Guide to Dental Sedation Nursing offers a complete resource for information about dental sedation nursing Updated to reflect the current National Examining Board of Dental Nurses NEBDN curriculum the new edition provides essential information on the subject in an accessible format The book starts by defining conscious sedation and discusses why dental sedation is used before moving on to discuss topics such as the medico legal aspects the dental nurse s role equipment patient selection types of sedation medical emergencies and anatomy Presents essential evidence based information on dental sedation nursing Reflects the current NEBDN curriculum Supported by images to demonstrate the concepts discussed Basic Guide to Dental Sedation Nursing is a useful manual for sedation nurses undertaking any of the NEBDN sedation qualifications including the NEBDN Diploma in Dental Nursing City and Guilds or CACHE Dental Nursing qualifications as well as for dental hygienists and therapists *Emergency & Critical Care Pocket Guide* Informed, Jon Tardiff, Paula Derr, Mike McEvoy, 2017-07-28 The most popular pocket reference in emergency nursing now in a new edition The Emergency Critical Care Pocket Guide has been an essential resource for physicians paramedics and nurses for over a decade The Pocket Guide consolidates critical

information found in desk references into a convenient 3x5 pocket size format that is handy enough to take with you anywhere

**Emergency & Critical Care Pocket Guide** Mr. Rohit Manglik, 2024-06-24 Portable reference covering essential emergency procedures drug dosages algorithms and quick clinical tools *Crash Course: Quick Reference Guide to Medicine and Surgery - E-Book* Leonora Weil, 2014-08-09 Crash Course your effective everyday study companion PLUS the perfect antidote for exam stress Save time and be assured you have all the information you need in one place to excel on your course and achieve exam success Crash Course Quick Reference Guide to Medicine and Surgery is a unique new volume in the series spanning the core clinical topics across the medical curriculum It is as useful for your first day as a clinical medical student as it is for preparing for your medical finals and beyond Presented in a consistent format that is clear concise and easy to assimilate it is an essential text for any medical student or junior doctor Includes the core medicine and surgery that you need for examinations Clear explanations for every common medical condition with an emphasis on the key points A consistent format to allow quick reference for each disease Maintains a focus throughout on questions that commonly appear in the final MBBS examinations Mnemonics memory aids and figures are included to aid with revision Written by recent graduates together with consultants and experts for each specialty those closest to what is essential for exam success Quality assured by leading Faculty Advisors to ensure complete accuracy of information Co written by specialty experts Comes with access to the complete electronic version for enhanced anytime anywhere access with seamless real time integration between devices

Survival Medicine for Beginners - A Quick start Guide to Coping with Injury during Disaster M. Usman, John Davidson, 2015-06-11 Table of Contents Introduction Chapter 1 What's In Your Kit I The Basic contents of a good first aid kit II Conditions for use and precautions III Alternative methods for when your pack is not enough Chapter 2 Maintaining Your Health I Retaining fluids and preventing dehydration II Maintaining your nutritional intake III A guide to sterile and safe hygiene practices IV The importance of rest Chapter 3 Using medicines from your kit I A quick guide to painkillers their effects and conditions they should be used in II Antiseptics and their uses in preventing infection III Antibiotics and the situations they should be used in Chapter 4 Using indigenous plants that have medicinal properties I Identifying and using plants as painkillers II Common plants with antiseptic properties III Precautions and dangers of using plants as medicines Chapter 5 Injuries to bones or joints I Methods for binding injuries II Materials that can be used as dressings III A guide to caring for dislocations and sprains Chapter 6 Emergency and Lifesaving Techniques I Controlling blood flow from wounds II A quick guide to CPR Conclusion Author Bio Publisher Introduction Disaster can strike at any given moment whether you live in close proximity to natural hazards such as an earthquake zone or active volcano or whether you live in a seemingly safe urban area Your geographical location is a major factor when considering the different ways that you may be exposed to dangers however this is an issue that has the potential to affect you at home on holiday or even when you're visiting a new area In such situations it may be difficult to reach the emergency services or contact

someone that may be able to help you you could find yourself isolated from human settlement and left to your instinctive devices The basics to survival medicine are often overlooked and cast aside when it comes to common knowledge How many of us could use indigenous plants as an antiseptic How many of us could bind a wound using natural dressings These are key skills that we have no use for in our everyday lives and of course we can always use a helpful app or the internet to help us right But what could we do in situations when those luxuries are out of reach and the only tools we have is the environment around us This guide will cover the essential basics in survival medicine giving you a basic knowledge and understanding of how to cope with injuries in such distressing situations From the contents of your survival pack to using potentially life saving plants and applying emergency techniques this guide will help you to build up a solid foundation If you ever find yourself injured in a disaster situation you ll know where to begin

CPR Basics Felicia Dunbar,AI,2025-03-17 CPR Basics offers a comprehensive guide to cardiopulmonary resuscitation CPR and the use of automated external defibrillators AEDs essential skills for anyone interested in health and fitness or general medical knowledge The book emphasizes that immediate bystander intervention during sudden cardiac arrest can significantly increase survival rates Interestingly the book traces the history of CPR highlighting how modern techniques evolved from early resuscitation efforts and emphasizes the critical role of continuous chest compressions and early defibrillation based on current guidelines The book s approach is practical delivering step by step instructions and visual aids to make CPR techniques accessible to a general audience It progresses logically starting with fundamental principles then detailing specific techniques for adults children and infants and concluding with a thorough guide to AEDs Real life scenarios are incorporated to enhance understanding and confidence in performing these life saving skills This approach ensures readers are well prepared to act decisively in critical situations making CPR Basics a valuable resource for anyone seeking to become a capable first responder

Taber's Quick Reference for Cardiology and Pulmonology F. A. Davis,2016-11-25 More than a dictionary it s an encyclopedia and clinical reference in one Put the practice applicable information rehabilitation professionals need at your fingertips with Taber s Quick Reference for Cardiology and Pulmonology Just what you need when you need it Nearly 4 000 cardiology and pulmonology terms and 141 illustrations and photographs make this your all in one resource in class clinic and practice And because it s drawn from the Taber s Cyclopedic Medical Dictionary s database you can count on it for current reliable and comprehensive coverage Nearly 4 000 cardiology and pulmonology terms make reference quick and easy Complete definitions ensure you understand the language of medicine and health care Full color drawings illustrate the nuances of anatomy and physiology Concise descriptions and full color photographs of diseases and disorders provide context Descriptions of etiology ensure you know the cause origin of a disease disorder Lists of major signs and symptom alert you to what to look for or anticipate Treatment summaries outline common approaches to care Patient Care information describes assessment treatment and patient teaching for each step in the process Caution Safety Alerts highlight information critical to safe patient care

**Emergency**

**Medicine** Sascha Fulde, Gordian W. O. Fulde, 2020-01-01 Selected for 2025 Doody's Core Titles in Emergency Medical Services Gordian Fulde AO a mainstay of emergency medicine in Australia continues to author this indispensable reference along with Sascha Fulde and a considered selection of influential emergency medicine clinicians The strength of Emergency Medicine undoubtedly lies with its combination of expertise experience and contemporary content This premier text offers accessible evidence based clinical management and treatment advice that can be incorporated seamlessly into the daily demands of the emergency medicine environment The comprehensive scope of content coverage ensures readers both students and clinicians are well equipped with the practical nous to succeed in the demanding world of emergency medicine Coverage of important controversies with evidence based recommendations Editor comments contained in relevant chapters to provide clinical tips and advice for practice Broad range of topical issues covered Practical rapid reference appendix Detailed glossary and index Enhanced eBook version included with purchase Comprehensively updated with contributions from more than 60 notable emergency medicine clinicians 26 new chapters with new topics including pain management caring for Indigenous patients emergency medicine in a rural setting sexual assault and domestic violence common misses in x ray and CT ordering and interpretation Increased coverage of topical issues such as deep vein thrombosis economy class syndrome and street drugs A focus on a career in emergency medicine lifestyle wellness and success **The Final FFICM Structured Oral Examination Study Guide** Eryl Davies, 2022-12-30 This book is the definitive guide to the Final Fellowship of the Faculty of Intensive Care Medicine FFICM Structured Oral Examination With a broad coverage of the clinical curriculum it equips candidates to tackle this challenging examination Each chapter contains sample questions with concise answers focusing on key concepts to facilitate deeper understanding The content is organised by subject enabling more structured revision in an easy to use format This text provides references to guidance that will remain relevant in the ever changing landscape of intensive care medicine Not only is this book an essential resource for studying intensivists but it also forms a useful reference for any professional encountering the world of critical care in their practice *Military Administrative Law Handbook* United States. Department of the Army, 1973 *Saunders Guide to Success in Nursing School, 2018-2019 E-Book* Holly K. Stromberg, 2018-02-26 NEW Weekly monthly and yearly calendars show dates from May 2018 through December 2019 making it easy for students to organize their schedules at school and at home **Well-Child Primary Care Pocket Guide** Tanya Fernandez, Tanya L Fernandez, 2021-07-31 The only pocket sized resource to methodically guide you through pediatric well visits using a unique mnemonic to ensure consistent and thorough evaluation of your patients This pocket guide has everything you need to ensure a thorough well visit for your pediatric patients from newborn to adolescence With the author's unique NEST FLY mnemonic applied throughout physician assistants nurse practitioners and other healthcare providers are methodically guided through each well visit to ensure a consistent and complete exam Uniquely designed in easy to navigate color coded tables you will quickly find all the information you need at

your fingertips to evaluate your pediatric patients nutrition elimination growth family and social environment and physical and cognitive development You will also find key interviewing strategies and questions to gather an updated history as well as step by step guidelines for the head to toe physical examination Also included are anticipatory guidance suggestions for caregivers and patient education by age group Key Features Color coded by age group newborn infant toddler preschooler school age adolescents Logical and easy to remember mnemonic for gathering a comprehensive well child history Pertinent questions including psychosocial screening and anticipatory guidance by age Key developmental features organized in easy to read tables charts Health promotion related approaches to the patient and family and their importance Suggested vaccine schedule easy reference dosing for acetaminophen and ibuprofen by age and weight The Royal Marsden Manual of Clinical Nursing Procedures, Student Edition Sara Lister, Justine Hofland, Hayley Grafton, Catherine Wilson, 2021-04-13 The student edition of The Royal Marsden Manual of Clinical Nursing Procedures has been the definitive market leading textbook of clinical nursing skills for fifteen years This internationally best selling title sets the gold standard for nursing care providing the procedures rationale and guidance required by pre registration students to deliver clinically effective patient focused care with expertise and confidence With over two hundred detailed procedures which reflect the skills required to meet The Standards of Proficiency for Registered Nurses NMC 2019 this comprehensive manual presents the evidence and underlying theory alongside full colour illustrations and a range of learning activities designed to support student nurses in clinical practice Loved and trusted by millions The Royal Marsden Manual of Clinical Nursing Procedures Student Edition continues to be a truly indispensable textbook for students and includes coverage of patient assessment and discharge planning communication infection prevention and control perioperative care wound management nutrition diagnostic testing medicines management and much more Learning features in this revised tenth edition include Learning outcomes summarise the focus of the information in each chapter Learning in practice asks you to consider issues within your practice environment Case studies provide learning around a particular patient scenario Clinical applications ask you to consider how you would apply your knowledge to a clinical situation Stretch activities challenge you with more nuanced advanced issues to reflect upon Many of the features in the book are relevant to trainee nursing associates especially when used in conjunction with supervision from academic and clinical teachers A companion website to this title is available at [www.royalmarsdenmanual.com/student10e](http://www.royalmarsdenmanual.com/student10e) **Emergency & Critical Care Pocket Guide, Revised Eighth Edition** Paula Derr, 2021-07-16 The most popular pocket reference in emergency nursing now in a new edition The Emergency Critical Care Pocket Guide has been an essential resource for physicians paramedics and nurses for over a decade The Pocket Guide consolidates critical information found in desk references into a convenient 3x5 pocket size format that is handy enough to take with you anywhere **Saunders Guide to Success in Nursing School, 2017-2018 - E-Book** Holly K. Stromberg, 2017-03-03 Updated weekly monthly and yearly calendars with prefilled dates from May 2017 through December

2018 help students organize their schedule at school and at home New content on electronic devices and social media alerts students to the hazards and pitfalls of using phones and engaging in social media while in nursing school and on the job

**National Library of Medicine Audiovisuals Catalog** National Library of Medicine (U.S.), *Medical Emergencies in the Dental Office E-Book* Stanley F. Malamed, 2022-01-31 Be prepared to prevent recognize and manage life threatening medical emergencies *Medical Emergencies in the Dental Office* 8th Edition helps you learn the skills needed to manage health issues in the dental office or clinic The text describes how to recognize and manage medical emergencies promptly and proactively and details the resources that must be on hand to effectively deal with these situations Written by noted dentistry educator Dr Stanley Malamed this expert text includes the latest guidelines for drug related emergencies cardiac arrest and more An enhanced eBook is included with each new print purchase featuring a complete fully searchable version of the text a test bank of 300 questions and answers and much more available on a variety of devices Logical format reflects the way emergencies are encountered in a dental practice with chapters organized by commonly seen clinical signs and symptoms such as unconsciousness or altered consciousness respiratory distress seizures allergic reactions chest pain and cardiac arrest Step by step procedures include detailed sequential instructions for stabilizing and treating patients PCABD in common medical emergencies Full color illustrations demonstrate emergency techniques with realistic clarity Summary tables and boxes make it easy to find essential concepts and information Quick reference algorithms in the appendix include step by step diagrams showing the decision making process in common emergency situations A differential diagnosis chapter ends each of the book's parts on common emergencies An enhanced eBook version is included with each new print purchase featuring a fully searchable version of the text an image collection a test bank of 300 questions and answers and more UPDATED content includes the most current guidelines for drug related emergencies unconsciousness altered consciousness and cardiac arrest as well as protocols for obstructed airway management UPDATED PCABD boxes reflect the American Heart Association's algorithm for stabilizing and treating victims with an easy to remember acronym PCABD Positioning Circulation Airway Breathing and Definitive Management UPDATED Emergency drug and equipment kit instructions help you assemble emergency kits and ensure that your dental office has safe current materials on hand



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