

# 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



Shout loudly

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 emergency responder. If you are alone, you should call 9-1-1 first and then return to the victim.

### 5 START CPR

If not breathing and no response



## 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 always 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 would be (e.g., femoral artery)
- 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 speak
  - 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 speak
  - 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

## 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

# American Red Cross Cpr Guide

**James Wesley, Rawles**



## **American Red Cross Cpr Guide:**

**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 First Aid/ CPR/ AED Participant's Manual** American Red Cross,2021-10-19      *CPR Lifesaving Reference Guide (Speedy Study Guide)* Speedy Publishing,2014-12-07

When a life is at stake you will want to do everything you can to ensure that person makes it out alive When CPR is needed it is crucial to administer the procedure properly This is where CPR Lifesaving reference guides come into play These handy guides will let an individual know the steps needed to complete CPR These guides help save lives in emergencies for people who haven t taken a full CPR course at their local Red Cross Station      **The Ultimate Man's Survival Guide** Frank Miniter,2013-03-11 Do you know how to fight off an alligator Throw a four seam fastball Mix the perfect martini How about Ben Franklin s 13 Rules of Improvement Learn all this and more in the new expanded paperback edition of Frank Miniter s New York Times bestseller *The Ultimate Man s Survival Guide* Broken into seven sections survivor provider athlete hero romantic cultured man and philosopher Miniter teaches guys the skills attitudes and philosophies they need to be the ultimate man      [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      **Citizen-Soldier Handbook: 101 Ways Every American Can Fight Terrorism** Michael Mandaville,2009-02 *Citizen Soldier Handbook 101 Ways for Every American to Fight Terrorism* is a How To Guide for Americans to fight the greatest threat to Western Civilization Radical

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follow instructions are included to instruct you on the preparations you can make today as well as advice on the mental and emotional resilience required to help you not just cope but prosper in the new world **Pierson and Fairchild's**

**Principles & Techniques of Patient Care - E-Book** Sheryl L. Fairchild, Roberta O'Shea, Robin Washington, 2017-03-24

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[A Guide to Medical Self-care](#) and Self-help Groups for the Elderly National Institutes of Health (U.S.),1979

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**Self-help Groups for the Elderly** National Institute on Aging,1980      **Agricultural Development Workers Training Manual: Extension skills** ,1982      *Elsevier's Canadian Comprehensive Review for the NCLEX-RN® Examination - E-Book* Patricia A. Bradley,Karin L. Page-Cuttrara,Linda Anne Silvestri,Angela Silvestri,2023-03-28 A truly Canadian edition of Elsevier's best selling NCLEX exam review book Elsevier's Canadian Comprehensive Review for the NCLEX RN Examination 3rd Edition provides everything you need to prepare for the NCLEX exam complete content review more than 5 000 NCLEX practice questions in the book and online and preparation for the Next Generation NCLEX In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question Integrating Canadian approaches to nursing throughout the text this book is the only comprehensive NCLEX review written from a Canadian perspective It's THE book of choice for NCLEX preparation Completely up to date coverage from a Canadian perspective reflects Canadian approaches to nursing and health care including the addition of the latest Canadian statistics research legislation regulations references clinical practice guidelines and more More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps to be taken in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts New graduate's perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 79 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan and includes four case study format questions for the NGN Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 30 new questions for the Next Generation NCLEX plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot and chart exhibit Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing you to choose completely customizable exams or study sessions UNIQUE Audio review summaries on the Evolve companion website cover pharmacology acid base balance and fluids and electrolytes      **The Everything Guide to Raising a Toddler** Ellen Bowers,2011-07-18 The toddler years are a wondrous time of exploration and independence A time when your little one begins to stretch his wings and test his boundaries If you're prepared you can enjoy the toddler years with ease and confidence All you need is a little direction to change these often trying years into terrific memories Filled with practical advice and sound strategies this guide tells you how to Prepare great meals your toddler will actually sit still for and eat Handle tantrums Toddler proof a home Get your toddler on a regular sleep schedule You'll also get tips on handling



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