

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 emergency number to get on scene and the victim is lying on a firm and flat surface lying on their back

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, where it beats
- 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

Cpr First Aid Study Guide 2015

RJ Shavelson



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CPR And First Aid Care (Speedy Study Guides) MDK Publishing,2015-04-28 Who says you need videos to learn CPR This powerful guide will give you a step by step instruction to CPR and first aid care This guide should be given to all first aid rescuers even to moms and dads caring for little children With this guide you will hold the power to save someone else s life Buy a copy today **Study Guide for Foundations and Adult Health Nursing - E-Book** Kim Cooper,Kelly

Gosnell,2022-06-29 Reinforce your understanding of LPN LVN fundamentals and medical surgical nursing Corresponding to the chapters in Foundations and Adult Health Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and skills and care for patients with common disorders Review questions make it easier to achieve the objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide helps you prepare for the NCLEX PN examination Variety of exercises reinforces your understanding of adult health nursing with multiple choice matching and select all that apply questions as well as crossword puzzles Critical thinking activities ask you to apply your knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations and Adult Health Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations and Adult Health Nursing 9th Edition NEW Case studies allow you to practice and apply clinical judgment skills **ACLS Study Guide - E-Book** Barbara J Aehlert,2021-08-05 NEW Updated content includes

the latest guidelines from the American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations NEW 20 new illustrations are added to the book s hundreds of illustrations

Stay Alert: Children's Guide to Basic First Aid Laila Abdelbary,2022-10-31 Stay Alert It is inevitable to encounter such situations and first aid is an extremely important life skill In my opinion everyone should be aware of how to act in specific life threatening situations Having some sort of first aid knowledge promotes the sense of safety assurance and well being It teaches individuals to be more alert and safer in the surrounding that they are in This book simply goes through the importance of first aid awareness as well as specific first aid manoeuvres and the situations in which situations these techniques should be applied *VTAC eGuide 2016* VTAC,2015-07-15 The VTAC eGuide is the Victorian Tertiary Admissions

Centre s annual guide to application for tertiary study scholarships and special consideration in Victoria Australia The eGuide contains course listings and selection criteria for over 1 700 courses at 62 institutions including universities TAFE institutes and independent tertiary colleges *Study Guide for Foundations of Nursing - E-Book* Kim Cooper,Kelly Gosnell,2019-10-31 Corresponding to the chapters in Cooper and Gosnell s Foundations of Nursing 8th Edition this study guide helps you learn

understand and apply the fundamentals of LPN LVN nursing Hundreds of labeling matching and fill in the blank questions are included It also includes critical thinking questions based on clinical scenarios and multiple choice and alternate format questions to help you review for the NCLEX PN examination An increased emphasis on critical thinking and clinical scenarios prepares you more effectively for the NCLEX PN examination with more NCLEX style alternate format type questions and more critical thinking activities Learning activities help you meet content objectives and include crossword puzzles labeling matching completion identification NCLEX exam style multiple choice review questions and critical thinking questions NEW Updated and reworked content corresponds to the latest edition of Foundations of Nursing 8th Edition **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 Advanced Systems for Biomedical Applications Olfa

Kanoun, Nabil Derbel, 2021-07-19 The book highlights recent developments in the field of biomedical systems covering a wide range of technological aspects methods systems and instrumentation techniques for diagnosis monitoring treatment and assistance Biomedical systems are becoming increasingly important in medicine and in special areas of application such as supporting people with disabilities and under pandemic conditions They provide a solid basis for supporting people and improving their health care As such the book offers a key reference guide about novel medical systems for students engineers designers and technicians *The Illustrated South African First-aid Manual* Linda Buys, 2015-11-12 The

Illustrated South African First aid Manual covers everything you need to know about how to cope with common first aid emergencies Concise instructions and step by step illustrations provide at a glance guidelines on treating wounds burns bites stings fractures choking strains and sprains bleeding amputations and eye injuries plus how to handle episodes of hypothermia heat stroke poisoning epilepsy diarrhoea and vomiting and emergency childbirth Life threatening emergencies such as cardiac arrest shock choking drowning and breathing difficulties are covered in detail along with the correct procedures for performing chest compressions rescue breathing and CPR Short introductory chapters explain what to do at an emergency scene the responsibilities of the first aider the basic provisions of the Occupational Health and Safety Act with regard to first aid what a first aid kit should contain and basic anatomy and body systems There is also a short chapter on emergency treatment for pets **Sport First Aid** Robb S. Rehberg, 2025-06-02 Approximately 90 percent of high school

student athletes report sustaining an injury while participating in sports With only about one third of high schools in the

United States having full time athletic trainers and another third lacking any athletic trainer services you the coach are often the first responder when an injury occurs This reality underscores the importance of providing you with proper training in first aid and injury prevention Such training prepares you to act quickly and appropriately when an athlete is injured or becomes ill ensuring the safety and well being of your student athletes As a current or aspiring high school or club coach you can rely on Sport First Aid Sixth Edition for the information you need to be a capable and confident first responder The sixth edition has been revised and restructured It features an unparalleled author team of experts in athletic training sports medicine exercise science and physiology strength and conditioning and sport coaching It reflects the leading health organizations latest emergency guidelines including those for CPR concussion dehydration and heat illness Tailored specifically to your needs as a coach the text covers causes symptoms and action steps for more than 100 injuries and illnesses In this sixth edition the most common injuries and illnesses are described in greater detail and prioritized so they are easier to reference Additionally flowcharts for over 40 specific injuries and illnesses offer step by step visuals to guide you through the decision making and response process Beyond specific first aid procedures the text provides guidance on understanding your legal duties as a coach assembling an athletic health care team and collaborating with other team members minimizing the risk of injury planning for medical emergencies administering the plan during emergency situations and assessing when and how to move injured and sick athletes An athletic trainer may not always be present at every practice and game As a coach it s crucial to have a basic understanding of first aid and injury prevention Sport First Aid is the most authoritative source for this potentially life saving information It will prepare you to respond appropriately in emergency situations meet your legal obligations as a coach and foster a safe environment for your athletes

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Table of Contents Cpr First Aid Study Guide 2015

1. Understanding the eBook Cpr First Aid Study Guide 2015
 - The Rise of Digital Reading Cpr First Aid Study Guide 2015
 - Advantages of eBooks Over Traditional Books
2. Identifying Cpr First Aid Study Guide 2015
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cpr First Aid Study Guide 2015
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cpr First Aid Study Guide 2015
 - Personalized Recommendations

- Cpr First Aid Study Guide 2015 User Reviews and Ratings
- Cpr First Aid Study Guide 2015 and Bestseller Lists
- 5. Accessing Cpr First Aid Study Guide 2015 Free and Paid eBooks
 - Cpr First Aid Study Guide 2015 Public Domain eBooks
 - Cpr First Aid Study Guide 2015 eBook Subscription Services
 - Cpr First Aid Study Guide 2015 Budget-Friendly Options
- 6. Navigating Cpr First Aid Study Guide 2015 eBook Formats
 - ePub, PDF, MOBI, and More
 - Cpr First Aid Study Guide 2015 Compatibility with Devices
 - Cpr First Aid Study Guide 2015 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cpr First Aid Study Guide 2015
 - Highlighting and Note-Taking Cpr First Aid Study Guide 2015
 - Interactive Elements Cpr First Aid Study Guide 2015
- 8. Staying Engaged with Cpr First Aid Study Guide 2015
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cpr First Aid Study Guide 2015
- 9. Balancing eBooks and Physical Books Cpr First Aid Study Guide 2015
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cpr First Aid Study Guide 2015
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Cpr First Aid Study Guide 2015
 - Setting Reading Goals Cpr First Aid Study Guide 2015
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Cpr First Aid Study Guide 2015
 - Fact-Checking eBook Content of Cpr First Aid Study Guide 2015

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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