

# 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 responder. If you are alone, you must call 9-1-1 first and then perform CPR.

### 5 START CPR



If not breathing and no response

## 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
- 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
- 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

## 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 lower than feet
  - Give 5 back blows
- 2. GIVE 5 CHEST THRUSTS**
  - Place the infant on your back, head lower than feet
  - Give 5 chest thrusts
- 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

## PET

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET**

- 1. GIVE 5 BACK BLOWS**
  - Place the pet on your back, head lower than feet
  - Give 5 back blows
- 2. GIVE 5 CHEST THRUSTS**
  - Place the pet on your back, head lower than feet
  - Give 5 chest thrusts
- 3. CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:**
  - The object is forced out
  - The pet can cough, breathe or breathe
  - The pet 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



# Red Cross Cpr Study Guide 21

**Betty J. Ackley,Gail B. Ladwig**





## **Red Cross Cpr Study Guide 21:**

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Personal stories from active duty National Guard reservists veterans and their families from all branches and ranks of the military and those who work with military personnel bring their experiences to life A review of the latest research theories policies and programs better prepares readers for working with military families Objectives key terms tables figures summaries and exercises including web based exercises serve as a chapter review The book concludes with a glossary of key terms Engaging vignettes are featured throughout Voices from the Frontline offer personal accounts of issues faced by actual program leaders practitioners researchers policy makers service members and their families Spotlight on Research highlights the latest studies on dealing with combat related issues Best Practices review the optimal strategies used in the field Tips from the Frontline offer suggestions from experienced personnel The book opens with an introduction to military culture and family life Joining the military and why people do so are explored in chapter 2 Next life in the military including relocation employment education and deployment are examined Daily lives of children in military families are explored in chapter 4 How stress and resilience theories are used in working with military families are then reviewed Chapter 6 focuses on milestones experienced by service members and programs that support them through these transitions Everyday issues caused by the trauma of war are reviewed in Chapters 7 and 8 Programs policies and organizations that serve military families in dealing with deployment education and health and child care are explored in chapters 9 and 10 followed by initiatives supporting reintegration and reunification issues Next how to work with families and those who have experienced traumatic events is considered The book concludes with a review of career opportunities and stories from working professionals Intended as a text for advanced undergraduate or graduate courses on military families or as a supplement for courses on the family marriage and family stress and coping or family systems taught in family studies human development clinical or counseling psychology sociology social work and nursing this book also appeals to helping professionals who work with military families

*Review Questions and Explanations in Computed Tomography* Lois E. Romans,1996 This review text contains 500 exam type questions with complete answers and explanations for computed tomography practitioners and students preparing for the licensing exam

Discovering Nutrition Paul Insel,Don Ross,Kimberley McMahon,Melissa Bernstein,2018-02-15 Written with non majors in mind Discovering Nutrition Sixth Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach The text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness while also presenting up to date scientific concepts in a number of innovative ways Students will learn practical consumer based nutrition information using the features highlighted throughout the text including For Your Information boxes presenting controversial topics Quick Bites offering fun facts and the NEW feature Why Is This Important opens each section and identifies the importance of each subject to the field

*Cumulated Index Medicus* ,1979

**Simple & Safe Baby-Led Weaning** Malina Malkani MS, RDN, CDN,2020-01-28 Your safe and healthy guide to baby led weaning for babies 6 to 12



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### **Table of Contents Red Cross Cpr Study Guide 21**

1. Understanding the eBook Red Cross Cpr Study Guide 21
  - The Rise of Digital Reading Red Cross Cpr Study Guide 21
  - Advantages of eBooks Over Traditional Books
2. Identifying Red Cross Cpr Study Guide 21
  - 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 Red Cross Cpr Study Guide 21
  - User-Friendly Interface
4. Exploring eBook Recommendations from Red Cross Cpr Study Guide 21
  - Personalized Recommendations
  - Red Cross Cpr Study Guide 21 User Reviews and Ratings
  - Red Cross Cpr Study Guide 21 and Bestseller Lists



5. Accessing Red Cross Cpr Study Guide 21 Free and Paid eBooks
  - Red Cross Cpr Study Guide 21 Public Domain eBooks
  - Red Cross Cpr Study Guide 21 eBook Subscription Services
  - Red Cross Cpr Study Guide 21 Budget-Friendly Options
6. Navigating Red Cross Cpr Study Guide 21 eBook Formats
  - ePub, PDF, MOBI, and More
  - Red Cross Cpr Study Guide 21 Compatibility with Devices
  - Red Cross Cpr Study Guide 21 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Red Cross Cpr Study Guide 21
  - Highlighting and Note-Taking Red Cross Cpr Study Guide 21
  - Interactive Elements Red Cross Cpr Study Guide 21
8. Staying Engaged with Red Cross Cpr Study Guide 21
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Red Cross Cpr Study Guide 21
9. Balancing eBooks and Physical Books Red Cross Cpr Study Guide 21
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Red Cross Cpr Study Guide 21
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Red Cross Cpr Study Guide 21
  - Setting Reading Goals Red Cross Cpr Study Guide 21
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Red Cross Cpr Study Guide 21
  - Fact-Checking eBook Content of Red Cross Cpr Study Guide 21
  - 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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