

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.

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**
 - READ PET-OWN LIFT
 - KNEEL NEAR
 - 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**
 - READ PET-OWN LIFT
 - KNEEL NEAR
 - 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**
 - Tuck baby's head to look for chest rise
 - Give 2 breaths

4 BREATHS LONGER AND MUCH DEEPER THAN ADULT BREATHS. ONLY DO THESE LAST 2 BREATHS IF YOU HAVE A PULSE.

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - CHECK PULSE: Locate where your pulse, where it beats. (CPR: Pet's chest)
- 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**
 - READ PET-OWN LIFT
 - KNEEL NEAR
 - GIVE 2 BREATHS
- 4. RESCUE BREATHS**
 - READ PET-OWN LIFT
 - KNEEL NEAR
 - GIVE 2 BREATHS

Repeat the cycle until help arrives, but always recommended for child and infant CPR

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

If victim becomes unconscious, perform CPR. Repeat 30 to 2

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

If child becomes unconscious, perform CPR. Repeat 30 to 2

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
 - 5X | BACK SLAP
- 2. GIVE 5 CHEST THRUSTS**
 - Tuck baby's head to look for chest rise
 - Give 5 breaths

4 BREATHS LONGER AND MUCH DEEPER THAN ADULT BREATHS. ONLY DO THESE LAST 2 BREATHS IF YOU HAVE A PULSE.

★ 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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The Ready Citizen's Guide In a world where unexpected challenges can arise at any moment how prepared are you to face the storm The Ready Citizen's Guide is your essential roadmap to confidently navigating any emergency with foresight and clarity Dive into a comprehensive exploration designed not just to inform but to empower you to take charge when it matters most Begin with a solid foundation in understanding the crucial importance of emergency preparedness Uncover the myths and learn from history's lessons on past emergencies to demystify common misconceptions The guide then leads you through the essentials of identifying potential emergencies from natural disasters and health crises to man made incidents and technological failures ensuring you know what to look out for Crafting a personal emergency plan is a necessity not an option This guide walks you through risk assessments communication strategies and priority setting so you can build a robust plan tailored to your needs Discover the secrets to assembling an effective emergency kit complete with survival basics food storage techniques and specialized equipment recommendations Community is key Learn how to rally your neighbors and local leaders to build a unified response plan with protocols and resource networks that strengthen collective resilience Effective communication is at the heart of every successful emergency response and this guide offers insights into maintaining contact with loved ones and authorities even when technology fails Explore the myriad aspects of health safety and financial preparedness addressing every angle from first aid skills to safeguarding important documents Special chapters provide guidance on supporting vulnerable populations and ensuring pet safety while legal and ethical considerations are woven throughout offering a thought provoking look at your rights and responsibilities In The Ready Citizen's Guide seasoned strategies meet cutting edge technology to foster a culture of preparedness Reflect on lessons learned and pave the way for a safer tomorrow Empower yourself with knowledge and turn potential chaos into structured readiness Don't just anticipate emergencies master them *American Red Cross Community CPR* American Red Cross, 1988

Resources in education, 1982-05 **American Red Cross First Aid** American Red Cross, 2005 **Standard First Aid** American Red Cross Staff, 1990 **Comprehensive Respiratory Care** David H. Eubanks, 1985 *Current Awareness in Health Education*, 1981-06 Scouting, 2003-09 Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals Scouting magazine offers editorial content that is a mixture of information instruction and inspiration designed to strengthen readers abilities to better perform their leadership roles in Scouting and also to assist them as parents in

strengthening families **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. **Biology**, 1986 **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.

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