

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 scene 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 on a mobile phone, speak into the phone as you perform CPR and have someone bring assistance

5 START CPR

If not breathing and unresponsive



ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18 YEARS+)

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Tilt head, pinch nose
 - Give 2 breaths

Repeat as many times as needed, but highly 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
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Tilt head, 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**
 - Tilt head, pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Look for chest rise, listen for breath, feel for pulse
- GIVE 30 CHEST COMPRESSIONS**
 - Push hard, push fast
- IF NO PULSE, START CPR**
 - Give 2 rescue breaths
- REPEAT AS MANY TIMES AS NEEDED**
 - Repeat as many times as needed, but highly recommended for Child and Infant CPR

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough forcefully or breathe
 - The person becomes unresponsive
 - Call 9-1-1 if not sure
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough forcefully or breathe
 - The person becomes unresponsive
 - Call 9-1-1 if not sure

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough forcefully or breathe
 - The person becomes unresponsive
 - Call 9-1-1 if not sure
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough forcefully or breathe
 - The person becomes unresponsive
 - Call 9-1-1 if not sure

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
 - Give 5 chest thrusts
- CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough forcefully or breathe
 - The person becomes unresponsive
 - Call 9-1-1 if not sure

★ 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

Quick Reference Guide To Cpr

Leonora Weil



Quick Reference Guide To Cpr:

Dental Emergencies: A Quick Reference Guide for Dental Professionals Pasquale De Marco, 2025-03-22 In the fast paced world of dentistry emergencies can happen in an instant Dental professionals need to be prepared to handle a wide range of situations from minor injuries to life threatening emergencies This comprehensive guide provides dental professionals with the essential knowledge and skills needed to manage any dental emergency with confidence With clear and concise instructions this book covers everything from assessing the situation and providing first aid to administering emergency medication and coordinating with other healthcare providers Inside you ll find Step by step instructions for managing common dental emergencies such as toothaches chipped teeth and knocked out teeth In depth guidance on handling medical emergencies that can occur in a dental setting such as heart attacks strokes and allergic reactions Detailed explanations of CPR and other life saving techniques Proven strategies for controlling bleeding managing pain and reducing swelling Best practices for treating oral infections and trauma Tips for communicating effectively with patients in emergency situations With its user friendly format and evidence based content this book is an invaluable resource for any dental professional who wants to be prepared for anything Whether you re a seasoned dentist or just starting out this book will help you provide the best possible care to your patients in their time of need Don t wait until an emergency strikes Order your copy of this essential guide today and be prepared to handle any dental emergency with confidence If you like this book write a review

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The Mobility Forum, 2013 ***The Copyeditor's Workbook*** Erika Buky, Marilyn Schwartz, Amy Einsohn, 2019-05-14 *The Copyeditor's Workbook* a companion to the indispensable *Copyeditor's Handbook* now in its fourth edition offers comprehensive and practical training for both aspiring and experienced copyeditors Exercises of increasing difficulty and length covering a range of subjects enable you to advance in skill and confidence Detailed answer keys offer a grounding in editorial basics appropriate usage choices for different contexts and audiences and advice on communicating effectively with authors and clients The exercises provide an extensive workout in the knowledge and skills required of contemporary editors Features and benefits *Workbook* challenges editors to build their skills and to use new tools Exercises vary and increase in difficulty and length allowing users to advance along the way Answer keys illustrate several techniques for marking copy including marking PDFs and hand marking hard copy Book includes access to online exercises available for download

Comprehensive First Aid Guide Adil Hussain, Mamta Bhandari, 2025-06-25 Provides comprehensive and in depth coverage of all essential first aid topics from minor injuries to major emergencies Content is thoroughly based on updated medical

guidelines and evidence based practices for safe and effective care Written in clear simple language to ensure easy understanding by students teachers and the general public Includes informative illustrations and diagrams to visually support learning and practical application Organized in a quick reference format to help readers access vital information rapidly during emergencies Each chapter concludes with concise summaries and key points to reinforce learning and aid in revision Real life case studies and practical examples are integrated to demonstrate real world application of first aid skills

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