

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, call 9-1-1 first, then return to the victim and begin 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 the infant's head in
 - Look for the head to rise and fall
 - If not, give 2 breaths

4 BREATHS LONGER AND MUCH DEEPER THAN ADULT BREATHS. ONLY DO THESE LAST 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. (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 the infant's head in
 - Look for the head to rise and fall
 - If not, give 2 breaths

4 BREATHS LONGER AND MUCH DEEPER THAN ADULT BREATHS. ONLY DO THESE LAST 2 BREATHS.

★ 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

Latest Cpr Guidelines

Mandy Fults, Kenichiro Yagi



Latest Cpr Guidelines:

CPR Basics Felicia Dunbar, AI, 2025-03-17 *CPR Basics* offers a comprehensive guide to cardiopulmonary resuscitation CPR and the use of automated external defibrillators AEDs essential skills for anyone interested in health and fitness or general medical knowledge The book emphasizes that immediate bystander intervention during sudden cardiac arrest can significantly increase survival rates Interestingly the book traces the history of CPR highlighting how modern techniques evolved from early resuscitation efforts and emphasizes the critical role of continuous chest compressions and early defibrillation based on current guidelines The book's approach is practical delivering step by step instructions and visual aids to make CPR techniques accessible to a general audience It progresses logically starting with fundamental principles then detailing specific techniques for adults children and infants and concluding with a thorough guide to AEDs Real life scenarios are incorporated to enhance understanding and confidence in performing these life saving skills This approach ensures readers are well prepared to act decisively in critical situations making *CPR Basics* a valuable resource for anyone seeking to become a capable first responder

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

Practical Emergency and Critical Care Veterinary Nursing Paul Aldridge, Louise O'Dwyer, 2013-03-04 Your step by step guide to key emergency and critical care procedures and hands on nursing care Whether you need to know how to prioritise your response to a patient with multiple injuries or you need a quick practical guide to fluid therapy this is the go to resource Colour photographs of real life cases take you through the procedures and after care detailing essential skills This book provides vital information for emergency and critical care situations whether you're looking for confidence in handling emergency cases in a first opinion practice or a relevant succinct guide for an emergency clinic Be inspired to become more confident in your clinical skills and abilities and learn how to apply your existing skills to an emergency situation A companion website provides additional resources useful in the management of emergency and critical patients Visit the website to find information charts and video clips of procedures Written by a veterinary nurse and a veterinary surgeon who work together in the largest UK emergency clinic this book is a practical how to manual with a nursing focus

Suitable as a complete reference for nurses studying towards qualifications or as a practical guide for daily use by veterinary nurses working in veterinary emergency and critical care

Illustrated Study Guide for the NCLEX-RN® Exam - E-Book JoAnn Zerwekh, Ashley Zerwekh Garneau, Tyler Zerwekh, 2025-10-27 Who says studying for the NCLEX can't be fun Illustrated Study Guide for the NCLEX RN Exam 12th Edition uses colorful drawings and mnemonic cartoons to help you review and remember the nursing content found on the NCLEX RN examination A concise outline format makes it easier to study key facts principles and applications of the nursing process More than 5 000 NCLEX exam style questions on the Evolve companion website including Next Generation NCLEX NGN style questions allow you to create practice exams identify strengths and weaknesses and review answers and rationales Bringing nursing concepts to life this study guide provides a visual unthreatening way to prepare for the NCLEX RN exam UNIQUE Integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE Appendix summarizes diagnostic tests medications and nursing procedures for quick reference More than 5 000 review questions included on the Evolve companion website allow you to practice test taking in Study Exam or Next Generation NCLEX Questions mode Next Generation NCLEX NGN question types on Evolve familiarize you with these types of questions and case studies NCJMM and six cognitive skills are reviewed in the context of preparing for the nursing profession and taking the NCLEX RN exam Separate chapters on pharmacology and nursing management help you focus on these areas of emphasis on the NCLEX exam Test Alert boxes in the book highlight key concepts frequently found on the NCLEX exam Nursing Priority boxes make it easier for you to distinguish priorities of nursing care Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify content on Self Care and Home Care Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX exam Answers and rationales for all review questions help reinforce your understanding

Current Practice Updates in Emergency Medicine Dr. Nidhi Kaeley, Dr. Ashima Sharma, 2022-08-02 Medicine is an ever growing specialty With new research and trials being conducted frequently it becomes difficult to remain updated on the subject by just reading the textbook Moreover the postgraduate examination also gives importance to recent advances in the subject The medical boards NMC and NBEMS who run MD DNB program in our country have a dedicated exam paper IV on Recent Advances in Emergency Medicine Our book is meant to be a complete guide on this aspect including almost all the current studies and trial results which have an impact on patient assessment workup and management in the Emergency Department The book beautifully introduces a topic with available medical literature and guides the reader gently into the advances in that field In all it is a must buy for teachers and postgraduates of Emergency Medicine

Progress against Heart Disease Fred C. Pampel, Seth Pauley, 2004-07-30 In the last 35 years declining deaths from heart disease have translated into 13 million lives

saved and extended Medical treatments and lifestyle changes have dealt successfully with the serious heart problems of Vice President Richard Cheney talk show host David Letterman Disney ABC CEO Michael Eisner and countless other less famous people In the past those with serious heart disease would have died young but today can live long and active lives Few families have not benefited from improvements in the way we treat and prevent heart problems yet we often hear that poor lifestyles and the limitations of modern medicine threaten our health and well being Although room for improvement always remains this book provides evidence to the contrary we have made and continue to make tremendous progress in dealing with heart disease In reviewing the progress being made in this crucially important area of health Pampel and Pauley offer an optimistic view of the potential for continued improvement and for longer healthier lives Despite the prevalence of heart disease deaths from this cause have declined greatly in past decades From its peak in 1968 the heart disease mortality rate has fallen by 52% for men and 48% for women That translates into over 13 million lives saved and extended The lives saved are not limited to the very old To the contrary heart disease mortality has fallen faster among the young and middle aged

Critical Care Update 2023 Rajesh Chandra Mishra,Sheila Nainan Myatra,Deepak Govil,Subhash Todi,2023-02-22

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 Technician and Nurse's Daily Reference Guide Mandy Fults,Kenichiro Yagi,2022-01-19 The revised and expanded new edition
 of this classic reference to daily skills used by veterinary technicians Veterinary Technician and Nurse s Daily Reference
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 levels *NHA CCMA Study Guide 2025-2026* Brielle Morgan,2025-09-09 Master the CCMA Exam with Confidence The Most

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Updates in Emergency Medicine John Cahill, 2012-12-06 Since the beginning of mankind medical emergencies have existed However only in the last several decades has the specialty of emergency medicine developed The United States and the United Kingdom were probably the first to recognize the need for a physician to be properly trained in this discipline It quickly became evident that many lives could be saved by physicians trained in this art Now is an exciting time for the field as more and more countries have recognized this and are developing training programs in emergency medicine This book is based upon a course in emergency medicine that was held in Ireland in the fall of 2001 and on several other lectures given that year The course was held at the Royal College of Surgeons in Ireland and was a joint effort of faculty comprised from the Brown University program in Emergency Medicine Providence Rhode Island and Beaumont Hospital Dublin Ireland The goals of the course were to introduce the basic principles and practice of emergency medicine to present some cutting edge topics and to help encourage an interest in developing an academic training program in emergency medicine in Ireland I hope that this

collection of papers will be enjoyed by medical students residents attending physicians and by all who pursue an interest in emergency medicine It is not intended to be a comprehensive text on emergency medicine The purpose is to present some pertinent topics and observations from experienced physicians in a scientific and evidence based fashion

Whispering the Secrets of Language: An Psychological Quest through **Latest Cpr Guidelines**

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