

SureFire CPR

PRESENTS

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 you respond with a 9-1-1 call, always try to do it while you are still at the scene. A 9-1-1 call is a free and confidential service.

5 START CPR



If not breathing and unresponsive

ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18-YRS+)

1 GIVE 30 CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize hand movement

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

Always ensure an airway is open, but never reposition for child and infant CPR

STEPS FOR HOW TO PERFORM CHILD/INFANT CPR

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize hand movement

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side of your hand against the middle of the victim's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in sharply

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, performs CPR, Steps 1-5 to 2

CHILD

STEPS FOR HOW TO PERFORM CHILD (8YRS - 12YRS) CPR

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 or 2 1/2 hands, depending on the size of the child
- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize hand movement

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side of your hand against the middle of the child's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in sharply

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, Steps 1-5 to 2

INFANT

STEPS FOR HOW TO PERFORM INFANT CPR (0-1YRS)

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 fingers
- Push hard, push fast
- Push about 1 1/2 inches (4 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize hand movement

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

Always ensure an airway is open, but never reposition for child and infant CPR

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS

- Place the infant in one hand with the head tilted back
- Give 5 back blows

2 GIVE 5 CHEST THRUSTS

- Place the infant in one hand with the head tilted back
- Give 5 chest thrusts

CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

- The object is forced out
- The infant can cough, cry or breathe normally
- The victim becomes unresponsive, perform CPR, Steps 1-5 to 2

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

- Check for pulse: locate where your pulse, check for a pulse (15 seconds)

2 GIVE THE OTHER RESCUE BLS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

IF NO PULSE, START CPR

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize hand movement

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

1 GIVE 5 BACK BLOWS

- Place the pet in one hand with the head tilted back
- Give 5 back blows

2 GIVE 5 CHEST THRUSTS

- Place the pet in one hand with the head tilted back
- Give 5 chest thrusts

CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

- The object is forced out
- The pet can cough, cry or breathe normally
- The victim becomes unresponsive, perform CPR, Steps 1-5 to 2

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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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 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 **Cardiac Problems in Pregnancy** Uri

Elkayam,2019-09-02 Cardiac Problems in Pregnancy offers clinicians the most detailed and comprehensive guide to diagnosing and managing pregnancy associated cardiovascular diseases currently available Covering a wide spectrum of congenital and acquired cardiovascular conditions its extensive contents examine diseases of the heart with an expert awareness of the implications of pregnancy and the attendant physiological changes it brings Such guidance is vitally required in an age in which congenital and acquired heart diseases are the leading causes of non obstetrical maternal morbidity and mortality Featuring 36 new or extensively revised chapters this fourth edition of the book complements coverage of the latest research and clinical advances with a complete and up to date bibliography of literature on pregnancy in women with cardiovascular conditions It also serves as a practical step by step companion for those caring for heart disease patients during pregnancy labor and the post partum period Contents include Coverage of all elements of maternal cardiology Newly written chapters featuring fresh research and data Guidance on performing risk assessments and interventions both prior to and during gestation Explanations of a range of diagnostic and therapeutic approaches to cardiovascular disease in pregnant patients Drawing on expertise from across the fields of cardiovascular medicine obstetrics anesthesiology cardiac surgery pharmacology and clinical science Cardiac Problems in Pregnancy is designed to give invaluable support to all medical professionals involved in maximizing the safety and success of cardiologically complex pregnancies **Pedretti's Occupational Therapy - E-Book** Heidi McHugh Pendleton,Winifred Schultz-Krohn,2017-03-10

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Ninth Edition provides the depth and breadth of coverage that reflects the complexity and expertise needed to practice emergency medicine in today's fast-paced environments. This comprehensive text is an important clinical resource for physicians, residents, and students, advanced practice providers, emergency nurses, EMTs, and paramedics. It is a necessary resource for in-training and board examinations and recertification. Tintinalli's *Emergency Medicine* covers everything from prehospital care, disaster preparedness, and basic and advanced resuscitative techniques to all the significant medical, traumatic, and environmental conditions requiring emergency treatment in adults, children, and neonates. Highlights of the Ninth Edition: Full color design with more tables than ever to succinctly present key information; Extensive updates to all sections incorporating the latest clinical and evidence-based information; Online access to over 100 videos covering a wide range of diagnostic and therapeutic procedures and POCUS for obstetric, gynecologic, pediatric, musculoskeletal, and vascular conditions; World-class pediatric section on the care of neonates, infants, and children; Expanded chapters on the management of gynecologic and obstetric conditions and emergencies; Updated information on toxicologic and environmental emergencies; Contemporary, concise discussion of ED identification and treatment of opioid use disorders; Updated information on procedural sedation; Expert advice on the management and care of transgender patients; Latest information available on neurologic and cardiac emergencies. From the reviews of the seventh edition: Collectively they have once again produced an excellent text that manages to cover the broad scope of emergency medicine while remaining an easily readable and practical resource. Last for the inevitable comparison of this current edition of Tintinalli's *Emergency Medicine* with other available emergency medicine textbooks available in my opinion, Tintinalli's still comes out on top. It is more concise and easier to read than some, yet it covers the breadth of emergency medicine practice more comprehensively than others. Just as previous editions did, the seventh presents all of the most pertinent and up-to-date information in a well-organized format that is comprehensive yet easy to read. That and many of the attractive new features in this current edition will ensure its place on my bookshelf for years to come. JAMA **Reichman's Emergency Medicine Procedures, 3rd Edition** Eric F.

Reichman, 2018-12-25 The most clear, complete, and easy-to-understand review of emergency medicine procedures, enhanced by an animation library and more than 1,500 full-color photographs. Doody's Core Titles for 2021. Reichman's *Emergency Medicine Procedures, Third Edition* is written to provide a detailed, step-by-step approach to more than 200 procedures performed in an emergency or acute care setting. This trusted classic will provide medical students, residents, advanced practice clinicians, and the seasoned emergentologist with a reliable, one-stop procedural reference on which to base clinical practices and technical skills. The Third Edition is enhanced by added chapters, algorithms, clinical pictures, radiographs, tables, and coverage of cutting-edge technological advancements. Features: Organized into 16 sections, each representing an organ system, an area of the body, or a surgical specialty. Each chapter is devoted to a single procedure. Chapters have a similar format that encompasses: Relevant anatomy and pathophysiology; Indications and contraindications for the procedure.

Preparation for the patient including consent anesthesia and analgesia Step by step description of the procedure Cautions that indicate common problems Alternative techniques and helpful hints Aftercare and follow up Potential complications Summary of critical information More than 1 500 full color photographs Companion online library of animations demonstrates approximately 40 common or difficult procedures Includes both common and infrequently encountered procedures Important evidence based recommendations throughout Helpful pedagogy includes key information cautions and important facts highlighted in bold The techniques presented in this book will dramatically expand your understanding of emergency medicine procedures and most importantly your ability to deliver positive patient outcomes

Tintinalli's Emergency Medicine: A Comprehensive Study Guide, Seventh Edition Judith Tintinalli, J. Stapczynski, O. John Ma, David Cline, Rita Cydulka, Garth Meckler, 2010-11-12 The landmark emergency medicine text is now in full color 17 additional chapters available for download With 418 contributors representing over 120 medical centers around the world Tintinalli's Emergency Medicine is the most practical and clinically rigorous reference of its kind It covers everything from prehospital care disaster preparedness and basic resuscitative techniques to all the major diseases requiring emergency treatment such as pulmonary emergencies renal and GU disorders and hemophilia This authoritative in depth coverage makes this classic text indispensable not only in emergency departments but also for residents and practitioners when studying or preparing for any exam they may face While continuing to provide the most current information for acute conditions the seventh edition of Tintinalli's Emergency Medicine has been substantially revised and updated to cover all of the conditions for which patients seek emergency department care in a concise and easy to read manner

NEW Features Full color design with more figures and tables than ever Reader friendly chapter presentation makes it easy to find important material Updated tables covering drugs and important clinical information Patient safety considerations and injury prevention are integrated into chapters as appropriate Total revision of the dermatology section enables diagnosis by lesion description and body area affected and provides current treatment Organ systems sections reorganized to reflect considerations for actual clinical practice New chapters New adult chapters include Natural Disasters Aneurysms of the Aorta and Major Arteries Hip and Knee Pain Aortic Dissection Acute Urinary Retention Subarachnoid Hemorrhage and Intracranial Bleeding Clotting Disorders Community acquired Pneumonia and Noninfectious Pulmonary Infiltrates Type I Diabetes Type II Diabetes Anemia Tests of Hemostasis Clotting Disorders Head Injury in Adults and Children the Transplant Patient Grief Death and Dying and Legal Issues in Emergency Medicine Twelve new pediatric chapters including The Diabetic Child Hematologic Oncologic Emergencies Ear and Mastoids Eye Problems in Infants and Children Neck Masses GI Bleeding Nose and Sinuses Urologic and Gynecologic Procedures in children Renal emergencies in children Behavioral and Psychiatric Disorders in children Pediatric Procedures Pediatric ECG Interpretation Greater coverage of procedures throughout for the most common conditions seen in the emergency department Available content for download includes an additional 17 chapters such as Hyperbaric Oxygen

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International Organizations 2014-2015, Volumes 1A And 1B (SET) Union of International Associations,2014-06-16 Volume 1 A and B covers international organizations throughout the world comprising their aims activities and events **First Aid Guide (Reference & Study Guide) (Speedy Study Guide)** Speedy Publishing,2014-12-07 No one ever wants to think of being in a situation where you have to have a first aid kit but more than likely there is going to be a time when you or someone you are with is going to be in need of one A good first aid kit has bandages that can stop bleeding until you can seek medical care It also has a variety of other products in case of a minor burn scrap or even a bite It is always good to have as you never know when an emergency will arise

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