

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 or other emergency call to do so, make sure the victim is lying on a firm and flat surface facing up

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, push fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push hard and fast

2 GIVE 2 RESCUE BREATHS

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

Always ensure an AED is available, but never delay CPR to find one for child and infant CPR

STEPS FOR HOW TO PERFORM CHILD/INFANT CPR

1 GIVE CHEST COMPRESSIONS

- Push hard, push fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push hard and fast

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

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, then 9-1-1

CHILD

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 or 3 fingers, depending on the size of the chest
- Push hard, push fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push hard and fast

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

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, then 9-1-1

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 fingers, push fast
- Push down at least 1.5 inches (4 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push hard and fast

2 GIVE 2 RESCUE BREATHS

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

3 GIVE 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, then 9-1-1

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

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

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, then 9-1-1

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

- Look for normal breathing and a pulse
- Look for normal chest rise and fall
- Look for normal heart rate

2 IF NO BREATHING AND NO PULSE, START CPR

- Give 30 chest compressions
- Give 2 rescue breaths
- Repeat steps 1 and 2 until a pulse is found or help arrives

3 RESCUE BREATHS

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

4 CONTINUE COMPRESSIONS UNTIL:

- The victim begins to breathe
- An AED is ready to use
- A trained rescuer arrives
- You are too exhausted to continue

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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"Code of Massachusetts regulations, 2013", 2013 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020

Handbook of Military Psychology Stephen V. Bowles, Paul T. Bartone, 2017-12-05 This expert compendium surveys the current state of military psychology across the branches of service at the clinical research consulting and organizational levels Its practical focus examines psychological adjustment pre and post deployment commonly encountered conditions e g substance abuse and the promotion of well being sleep mindfulness and resilience training Coverage pays particular attention to uses of psychology in selection and assessment of service personnel in specialized positions and training concerns for clinicians and students choosing to work with the military community Chapters also address topics of particular salience to a socially conscious military including PTSD sexual harassment and assault women s and LGBT issues suicide prevention and professional ethics Among the specific chapters topics covered Military deployment psychology psychologists in the forward environment Stress and resilience in married military couples Assessment and selection of high risk operational personnel processes procedures and underlying theoretical constructs Understanding and addressing sexual harassment and sexual assault in the US military Virtual reality applications for the assessment and treatment of PTSD Plus international perspectives on military psychology from China Australia India and more Grounding its readers in up to date research and practice Military Psychology will assist health psychologists clinical psychologists psychiatrists and clinical social workers in understanding and providing treatment for military populations veterans and their families as well as military psychologists in leadership and consulting positions

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WHO neonatal resuscitation manikin, 2021-10-15 The United Nations Commission on Life Saving Commodities UNCLSC 2012 defined 13 health products to end preventable deaths of woman and children One of those 13 products is the neonatal resuscitator is indispensable medical device to save newborns from asphyxia at birth For the efficient use of neonatal resuscitation training of healthcare professionals using neonatal resuscitation manikins is the most effective approach Critical lifesaving trainings calls for the need of neonatal resuscitation manikins with the right features The purpose of the WHO neonatal resuscitation manikin technical specifications is to provide a minimum standard baseline to meet the increasing demand to procure good quality affordable accessible and appropriate neonatal resuscitation manikins Towards the development of this baseline this document includes compilation of available scientific evidence from technical literature international publications expert reviews and an industry survey which was conducted by WHO medical devices team

Foundations and Adult Health Nursing Kim Cooper, RN, MSN, Kelly Gosnell, RN, MSN, 2014-08-25 An all inclusive guide to fundamentals and medical surgical nursing for the LPN LVN Foundations and Adult Health Nursing 7th Edition covers the skills you need for clinical practice from anatomy and physiology to nursing interventions and maternity neonatal pediatric geriatric mental health and community health care Guidelines for patient care are presented within the framework of the five step nursing process Nursing Care Plans are described within a case study format to help you develop skills in clinical decision making Written by Kim Cooper and Kelly Gosnell this text includes all of the content from their Foundations of Nursing and Adult Health Nursing books including review questions to help you prepare for the NCLEX PN examination Full color step by step instructions for over 100 skills show nursing techniques and procedures along with rationales for each The 5 step Nursing Process connects specific disorders to patient care with a summary at the end of each chapter Nursing Care Plans emphasize patient goals and outcomes within a case study format and promotes clinical decision making with critical thinking questions at the end of each care plan Clear coverage of essential A P is provided by an Introduction to Anatomy and Physiology chapter along with an overview of A P in all body systems chapters Student friendly features enhance the learning of nursing skills with summary boxes for Patient Teaching Health Promotion Considerations Complementary and Alternative Therapy Cultural Considerations Older Adult Considerations Home Care Considerations Safety Alert and Prioritization Assignment and Supervision UNIQUE Mathematics review in Dosage Calculation and Medication Administration chapter covers basic arithmetic skills prior to the discussion of medication administration A focus on preparing for the NCLEX examination includes review questions and Get Ready for the NCLEX Examination sections with key points organized by NCLEX Client Needs Categories Evidence Based Practice boxes provide synopses of nursing research articles and other scientific articles applicable to nursing along with nursing implications for the LPN LVN Nursing Diagnosis boxes summarize nursing

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Elsevier's Canadian Comprehensive Review for the NCLEX-RN Examination - E-Book Linda Anne Silvestri, Angela Silvestri, 2021-06-14 Prepare for success on the NCLEX RN exam with the review book written for Canadian nursing students Elsevier's Canadian Comprehensive Review for the NCLEX RN Examination 2nd Edition provides everything you need to prepare for the NCLEX exam complete content review and more than 5 000 NCLEX examination style questions in the book and online Proving that not all NCLEX exam review books are the same only this book includes the kinds of questions that consistently test the critical thinking skills needed to pass today's NCLEX exam In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question From Canadian editors Patricia Bradley and Karin Page Cutrara and NCLEX review experts Linda Anne Silvestri and Angela Silvestri this edition integrates Canadian approaches to nursing making this the only comprehensive review text written from a fully Canadian perspective It's THE book of choice for NCLEX preparation More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps you will take in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts UNIQUE Priority Concepts two in each chapter discuss important content and nursing interventions New graduate's perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 75 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 25 new Next Generation NCLEX NGN style questions plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot chart exhibit video and audio questions Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing completely customizable exams or study sessions UNIQUE Audio review summaries on Evolve cover pharmacology acid base balance and fluids and electrolytes

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Moody's OTC Industrial Manual, 1993 Companies traded over the counter or on regional conferences

Mergent Industrial Manual, 2001

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T.P.'s Weekly, 1909

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