

The book was found

# Cpr & Lifesaving (Quick Study)

Copyright © 2012 by The McGraw-Hill Companies, Inc. All rights reserved. This publication is a copyrighted work. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, without the prior written permission of The McGraw-Hill Companies, Inc.

**Quick Study HEALTH**

## CPR & Lifesaving

STEP-BY-STEP GUIDE FOR HANDLING MEDICAL EMERGENCIES & TRAUMA INJURIES

### BASICS

#### Chain of Survival

- Early recognition of an emergency
- Early access to help
- Early cardiopulmonary resuscitation (CPR)
- Early defibrillation with an automated external defibrillator (AED)
- Prompt emergency medical services (EMS) response

#### CPR & First-Aid Training

- Courses are available through the American Heart Association, the American Red Cross, hospitals, and fire departments.
- Although you can provide CPR and first aid to a person without taking a course, proper skills and knowledge allow you to provide the best care to an injured or sick person.

#### Good Samaritan Law

- A Good Samaritan law is provided by each state to protect individuals who help people in medical emergencies.
- A Good Samaritan is someone who renders aid or assistance in an emergency when he/she is not legally obligated to do so (e.g., a driver who stops to help at the scene of a motor vehicle accident).
- Unless there is negligence or malpractice involved, a Good Samaritan is protected from being held liable for the injury or death of the injured person.
- Check the specifics of the Good Samaritan law in your state.

#### Consent

- Consent means permission. An adult, if conscious, must give his/her permission to receive medical care.
- If an adult is unconscious, consent is implied. You do not need the person's permission to provide emergency care, such as CPR.
- If an infant or child is unconscious and the parent or guardian is nowhere to be found, consent is also implied.
- If the parent or guardian of the infant or child is present, you must ask for consent before providing medical care, including CPR.

#### Emergency Scene Evaluation

- **Is the scene safe?** Making the decision to act is often a difficult choice. Your personal safety and that of your family members should always come first. Look for hazards that could be dangerous (e.g., traffic, electrical wires, flooding, other people).
- **What happened?** Is it a car crash, an explosion, a fire, a child who was hit while riding a bicycle, a person who has suffered a heart attack or stroke, or something else?
- **How many people are injured?** This will help determine the need for additional resources when calling for help.

#### Calling for Help

- **Call 911.** If your area does not have 911 service, know the appropriate phone numbers for police, fire, and EMS.
- **Call Patient Control,** if needed. In the United States, call 1-800-222-1222.
- **Call your family physician or pediatrician** and any specialist that your family members see.

### CPR

Cardiopulmonary arrest is when a person's heart stops beating and breathing ceases. When assessing a person, you should look for unresponsive or abnormal breathing (only one gasp for breath), no movement, and no response to touch or verbal cues. CPR may be indicated if a person suffers from a heart attack, trauma, drowning, poisoning, shock, or a central nervous system injury. CPR should be started immediately, even if there is a question about the person's or victim's suitability. Resuscitation should be continued until a medical help arrives or you become too exhausted to perform CPR.

Adult CPR (18 Years or Older)	Child CPR (1-8 Years Old)	Infant CPR (Less Than 1 Year Old)
<ol style="list-style-type: none"><li>1. Make sure the scene is safe.</li><li>2. Check to see if the person is responsive. Tap the person's shoulder and shout, "Are you OK?"</li><li>3. Check for breathing. Is the person not breathing or breathing abnormally (only one gasp for breath)? One gasp for breath indicates a lack of adequate breathing and a need for CPR.</li><li>4. SOI for help, call 911, and get an AED.</li><li>5. Place the person facing up on a firm, flat surface.</li><li>6. Begin the C-A-B steps for CPR (see steps 7-9).</li></ol> <h4>7. C-Compressions</h4> <ol style="list-style-type: none"><li>A. Position your hands:<ul style="list-style-type: none"><li>• Place 1 hand on top of the other on the lower half of the breastbone in the center of the chest (at the middle of the nipple line).</li><li>• Keep your elbows straight.</li></ul></li><li>B. Provide 30 chest compressions at a rate of at least 100 compressions per minute:<ul style="list-style-type: none"><li>• Push hard and fast.</li><li>• Compress the chest at least 2 inches (5 cm).</li><li>• Allow time for the chest to recoil between compressions.</li></ul></li><li>8. <b>A-Airway:</b> Open the airway:<ol style="list-style-type: none"><li>A. Use the head-tilt-chin-lift method.</li><li>B. Use the jaw-thrust method if you suspect head or neck injury.</li></ol></li><li>9. <b>B-Breathing:</b> Use mouth-to-mouth, a barrier device, or a face mask:<ol style="list-style-type: none"><li>A. Give 2 breaths.</li><li>B. Watch the chest rise.</li></ol></li><li>10. Continue cycles of 30 compressions to 2 breaths until the person wakes up or an AED or EMS arrives.</li><li>11. If the person is unresponsive but breathing normally, place the person in the recovery position and monitor closely.</li></ol>		

The recovery position allows the airway to stay open. It also allows gravity to help keep the airway clear of vomit, mucus, saliva, etc.



**Recovery Position**

**TIP** Cardiac arrest in infants and children is usually due to a breathing problem and not heart related. That is why you begin CPR immediately for 5-cycles or about 2 minutes before calling for help. This allows oxygen to circulate more quickly.

PDF



**DOWNLOAD EBOOK**

## Synopsis

Making the decision to help in an emergency situation is often a difficult choice. Be prepared for emergencies with the help of our CPR & Lifesaving QuickStudy® guide. Packed with quickly accessible information on different aspects of lifesaving, this go-to reference will help you respond effectively in an emergency until professional help arrives. Learn how to evaluate a scene, the steps in CPR and AED use, standard precautions, and other essential elements in the chain of survival. This durable, laminated guide also includes illustrations for easy understanding. Keep a copy in your home, with your camping gear, at your office, in your car, etc., so that you will always be prepared.

## Book Information

Series: Quick Study

Cards: 6 pages

Publisher: QuickStudy; Lam Crds edition (December 31, 2012)

Language: English

ISBN-10: 1423218612

ISBN-13: 978-1423218616

Product Dimensions: 8.5 x 11 x 0.1 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #68,066 in Books (See Top 100 in Books) #16 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention](#) #72 in [Books > Health, Fitness & Dieting > Safety & First Aid](#) #80 in [Books > Medical Books > Medicine > Internal Medicine > Emergency](#)

## Customer Reviews

This thing has it all . Very detailed and portable . Has all you would need to know in order prep for you before your BLS class. I recommend it.

I like this than the book for those doing a refresher course. I recommend this to use and it is easier to carry and read than a book.

I included this in the first aid kits that I made for family members. A good way to become informed quickly as needed.

My Caregiver did the class last Thursday September 15th and really enjoyed it. Thank You, Susan Lankin

Wonderful tool for learning about CPR!! I recommend to anyone who wants to learn CPR

It works to have this on hand to read daily. Being laminated helps

Will help me to recertify with CPR and you cannot beat the price

Good product A+++ Just what I needed and wonderful price

[Download to continue reading...](#)

Cpr & Lifesaving (Quick Study) Infant CPR Anytime: Personal Learning Program [With CPR Learning Manikin, Practice Phone, Etc. and DVD] Heartsaver First Aid with CPR and AED American Red Cross First Aid/CPR/AED Participant's Manual First Aid/ CPR/ AED Participant's Manual Hard Choices for Loving People: CPR, Feeding Tubes, Palliative Care, Comfort Measures, and the Patient with a Serious Illness, 6th Ed. First Aid, CPR and AED Advanced ACLS, CPR, and PALS: Clinical Pocket Guide First Aid/ CPR/ AED Program Instructor's Manual (American Red Cross) Why Knot?: How to Tie More than Sixty Ingenious, Useful, Beautiful, Lifesaving, and Secure Knots! Nuclear War Survival Skills: Lifesaving Nuclear Facts and Self-Help Instructions Getting Well Again: The Bestselling Classic About the Simontons' Revolutionary Lifesaving Self- Awareness Techniques The Philadelphia Chromosome: A Genetic Mystery, a Lethal Cancer, and the Improbable Invention of a Lifesaving Treatment Over the Counter Natural Cures, Expanded Edition: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Over-the-Counter Natural Cures: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Prepper's Armed Defense: Lifesaving Firearms and Alternative Weapons to Purchase, Master and Stockpile Prepper's Survival Hacks: 50 DIY Projects for Lifesaving Gear, Gadgets and Kits Miracle Medicines: Seven Lifesaving Drugs and the People Who Created Them Nclex-Rn Study Guide (Quick Study Academic) Quick & Easy Thai Cuisine: Lemon Grass Cookbook (Quick and Easy Cookbooks Series)

[Dmca](#)