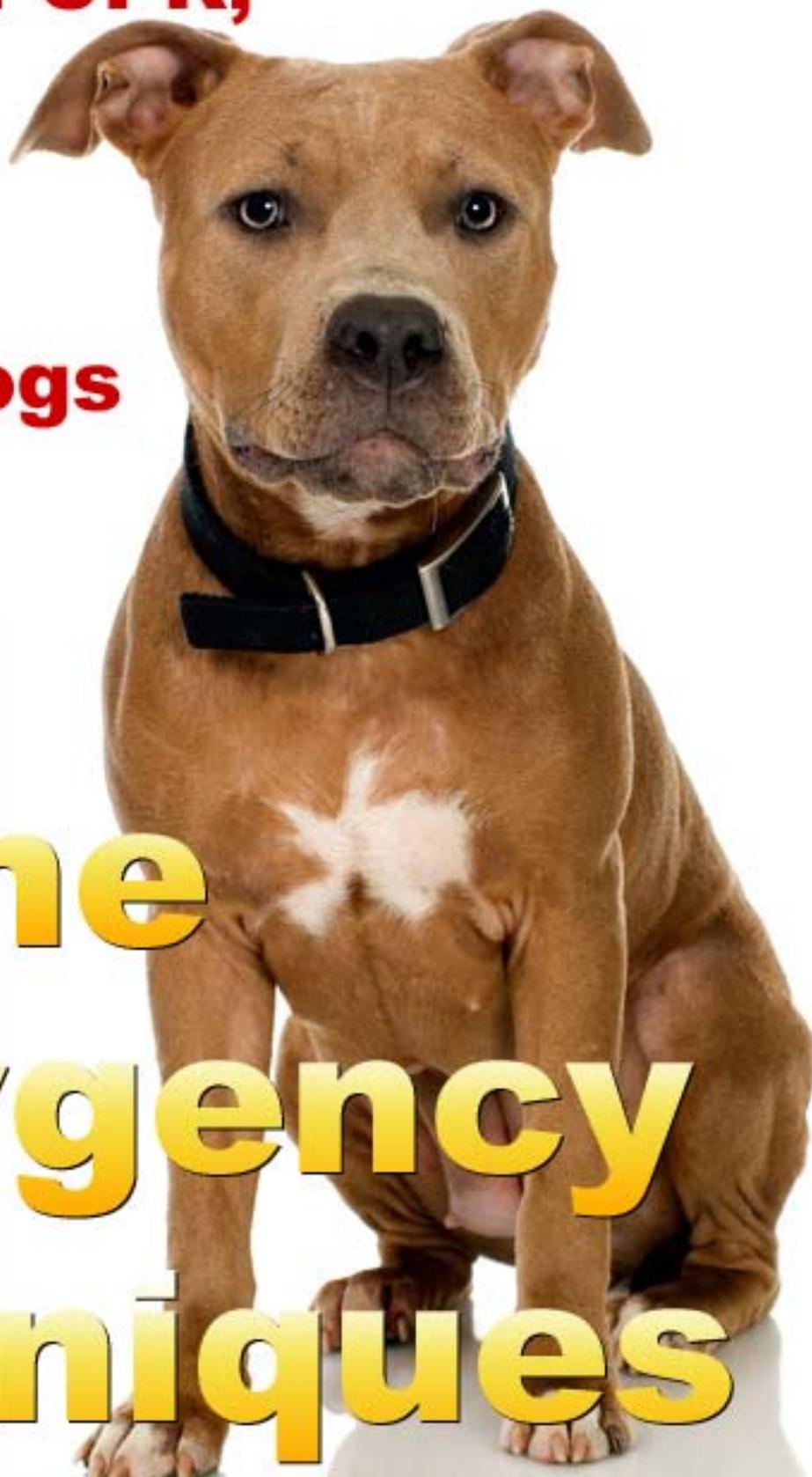


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**Kit, Cuts and CPR,  
Simple  
Techniques  
that Could  
Save Your Dogs  
Life**



# Canine Emergency Techniques

***Author: Dan Scott***

# Canine Emergency Techniques

Kits, Cuts and CPR, Simple Techniques  
That Could Save Your Dog's Life

By Dan Scott, Author of “Real Food for Dogs”



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Please go to [HealthyDogForLife.com](http://HealthyDogForLife.com) for further discussion about vital dog nutrition information, natural dog food and incredible dog health.

Please print this report, curl up in a comfortable chair and read every word carefully, because THIS could transform your dog's life – it might even save it!

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## Introduction



As the guardians of our canine companions, we know there is an obligation to help and provide care in instances when your friend cannot do it for him or herself. Many assume this is relegated to feeding and hygiene, exercise and routine health care. However, many leave out one of the most essential aspects: canine emergency and first aid procedures.

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Many a pet owner has experienced the tragic loss of a beloved companion due to a crisis situation they did not know how to approach. Choking, poisoning, gashes, fractures and other injuries all have their own emergency care procedures and employing them right away can mean the difference between life and death.

Waiting for a situation to arise to become familiar with emergency care is simply too dangerous. Anyone who has tried thumbing through a first aid book or talking to a vet on the phone through a flood of panic and helplessness knows this wastes crucial time. A best bet is to always be prepared.

## 1. Be Prepared!

### First Aid Kit



There is any number of reasons a dog can get hurt. Poisonings occur when a curious puppy sniffs its way to a tasty bait trap meant for poisoning rodents. Lacerations and other injuries are common for dogs that suffer extreme separation anxiety. No matter what the situation, your [canine first aid kit](#) should be kept in the most accessible place possible and should contain the following:

- [Activated charcoal](#)- for ingestion after poisonings, follow direct usage guidelines
- [Adhesive tape](#)- for wound care and securing larger bandages
- [Antibiotic ointment](#)- for wound care and preventing infection
- [Aspirin](#)- (*never* ibuprofen) inflammation reducer, follow direct usage guidelines
- [Emergency First Aid Blanket](#)- use for cover in situations of shock or lifting and transporting
- [Bach Rescue Remedy](#)- for shock, follow direct usage guidelines
- [Cotton gauze pads](#) (3" square) - for wound care
- [Cotton gauze roll](#) (3" wide) - for wound care *or* muzzling the snout when necessary
- [Cotton-tipped applicators](#)- for applying ointments and removing debris from wounds

- [Disinfectant soap](#)- to cleanse and disinfect wounds
- [Hydrogen peroxide](#) (3%) - to cleanse wounds or induce vomiting
- [Gentian Ear & Skin Treatment](#)- for ear care, follow direct usage guidelines
- [Penlight](#) (*small*) - for checking the dilation of pupils
- [Petroleum Jelly](#)- for wound care
- [Rectal thermometer](#)- for checking temperature
- [Rubbing alcohol](#)- for use as antiseptic on skin or instruments such as tweezers
- [Scissors](#) and [tweezers](#)- for cutting tape and removing particles and matter
- [Styptic powder](#)- to stop bleeding
- [Wound antibiotic powder](#) or [colloidal silver](#)- to stop bleeding of larger wounds

Many of these items can be found and purchased separately or in [ready made canine first aid kits](#). While some kits are very simply composed of basic items, others are quite extensive. It is always possible to buy a ready made kit and add items as well.

Do remember to add first aid items that are in keeping with common local animal and weather phenomena. Some people live in areas prone to flooding, others live in areas where snakes may be prevalent. Each situation can present individual emergency needs for your dog. Be sure to include the essentials.

To be effective, emergency first aid must always be rendered quickly and in a calm manner. It serves to stabilize a condition or relieve pain until a professional veterinarian can administer the proper care.



## 2. An Important First Aid Consideration



Nobody expects an emergency situation to pop up when it does, least of all your dog. When crisis occurs, no one will be more scared than your favorite friend.

Other than whining and whimpering, a dog has no language skills to say 'Ouch! That hurts! I'm scared!'. When severely hurt, it is not uncommon for a usually calm and loving dog to suddenly snap, scratch, snarl and growl even at the ones he or she loves most. Do not take this personally.

Even though dogs make for some of the best kind of people, they are still canine in nature and will do as the canine does in high anxiety situations.

Always approach a wounded or panicked animal calmly and protect yourself from injury. You will not be able to do your dog any good if you are both hurt.

### **3. To Safely Muzzle you're Dog**

Using the three inch wide gauze roll from your canine first aid kit, loop the material around your dog's muzzle securely but without cutting off circulation. Be sure to wrap the material several times before securing the rest behind your dog's ears with a bow. The setting should restrict movement of the mouth; however, it should not be severe enough to obstruct breathing. In cases where a first aid kit is unavailable, a sock or belt can often do the trick.



## 4. Useful Canine Emergency Care Techniques

### CPR

Unbeknownst to many, CPR can also be performed on dogs. Though it is not a technique that is used very often, that doesn't mean the need can't arise; especially in cases of severe trauma. CPR can prevent brain damage or death when performed properly.

How will you know if your dog needs CPR?

- When there is no pulse
- Respiration has stopped
- He or she is unresponsive

CPR is best performed by two people; however, it is possible for it to be rendered by a single individual. As the technique must be performed without stopping, always phone your vet before starting CPR.

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When your dog is breathing but has no pulse the first thing that must be done is to check the airway. Do this by:

- Laying him or her on his side
- Opening the mouth
- Moving the tongue and removing any foreign objects that may be present
- Clean away any mucous or blood

Then:

- Close your dog's mouth
- Entirely covering the nose, place your mouth over the muzzle
- Use gentle breaths to blow into the nose but watch for the chest to rise

This must be repeated twelve times per minute- or every five seconds- until either your dog starts breathing on its own or you arrive to the veterinary clinic where proper care can be administered.

## CPR Using Cardiac Compressions

When there is no pulse and your dog is not breathing, the above technique must be applied with cardiac compressions. Once again, it can be helpful to have another person present but is not absolutely necessary. Once again contact your vet before beginning the procedure.

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To apply cardiac compressions:

- If you have a large dog, the heel of your hand must be placed at the fifth rib up, in the area where your dog's front limb attaches to its body. If you have a small dog, use three or four fingers. This is the heart.
- With reasonable pressure, quickly press down for the ribs to compress approximately one inch and release.
- Repeat five times between each breath.

Continue until either your dog starts breathing and regains a pulse or you arrive to the veterinary clinic where proper care can be administered.

### How long should CPR be administered?

This is primarily a judgment call; however, when a dog that does not respond within fifteen minutes and/or is in a circumstance where chances of professional care are highly improbable, letting go may be the most humane option.

## 5. Applying the Heimlich Maneuver for Chocking Dogs



Dogs use their mouths for everything and many are anything but shy about picking up objects, no matter how large or small. Cheap dog toys, tennis balls, rocks, small plastic toys for children, string, food and stranger objects have been pulled from the

gullets of choking dogs.

How do I know if my dog is choking?

He or she may be:

- Retching
- Drooling
- Pawing at the mouth
- Unable to make any real sound

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To render help to a dog that is choking but still conscious:

- Open your dog's mouth with both hands. Can you see the object? Quickly but gently remove it as best you can.
- If nothing can be seen, lay your dog on its side.
- Elevate the hindquarters.

- Upon placing a hand just below the rib cage at the diaphragm and the other on your dog's back, press in and up firmly, gently and fluidly. Repeat until the object is dislodged.

To render help to a dog that is unconscious:

- Lay your dog on its side
- Once again, position the heel of your hand to the diaphragm immediately below the ribcage
- Give two to three quick inward pushes
- Sweep the dog's mouth with your fingers

Extra large dogs can have the Heimlich maneuver performed on them just as humans would.

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- From behind, wrap your arms around your dog.
- Position one fist to the diaphragm which is just below the ribcage.
- Cover your fist with your other hand.
- Compress your fist inward firmly yet gently with two to three quick inward pushes.
- Get to your vet.

Even if you are able to remove the object, it is important to make your way to your local veterinary clinic. Your vet will ensure there are no pieces of matter left behind and that there is no internal damage to your dog's throat or airways.

## 6. Wound Care

### Minor Cuts and Abrasions



As hair in a wound can cause great infection, treat a minor cut by trimming away hair and flushing it with 3% hydrogen peroxide. Cleaning the wound with disinfectant soap clears away additional debris

and germs and an extra flushing with peroxide cleans away any soap residue. Apply antibiotic ointment to the bandage rather than the wound and dress the injury with gauze wrapping and adhesive tape.

### Major Open Injuries

Cleanse the wound just as you would with a smaller cut; however, seek the immediate attention of your vet when stitches are necessary. Apply pressure to steady bleeding with clean, sterilized gauze or cloths to avoid infection. Profuse bleeding requires a tourniquet. Using the gauze roll in your first aid kit, snugly loop a piece of fabric around your dog's limb immediate above the wound. Release the tourniquet every five minutes for thirty seconds at a time to prevent tissue death. Do this until professional help becomes available.

### Burns

Burns have the capacity to allow infection straight into the bloodstream. Depending on the severity, cool water or ice can be

applied. An antiseptic cream applied to a clean, sterilized gauze pad should be the only thing to touch the burned skin. Immediately seek the care of your veterinarian. Extreme and severe burns should be left untouched and the dog should be immediately transported for emergency care.



## 7. Other Common First Aid Issues

### Fractured Limbs



If possible, use a blanket to promote stability and transport the dog to a safer location. Remember to attend the rule about muzzling. Scared and hurt dogs can snap and scratch. Using an ace bandage or gauze roll from the first aid kit and a piece of wood, sturdy cardboard or other rigid object as a splint, gently but securely wrap the limb and secure it with adhesive tape. Seek the help of your vet immediately.

### Poisoning



Action must be taken immediately to prevent damage to internal organs. Call your vet for instruction. While some poisons need to be vomited up, others can be even more damaging when regurgitated. If you are able to determine the type of poison your dog has ingested, tell your vet and bring a sample of it with you when you go to the veterinarian's office. If you are unable to determine what your dog has ingested your vet may, depending on the symptoms, advise you to dilute the poison using water, milk or the activated charcoal in your first aid kit. You may also be advised to induce vomiting using the 3% hydrogen peroxide in your first aid kit. Even if your dog seems to be feeling

better immediately after vomiting, you must still get your dog to the vet to ensure there is nothing dangerous left lingering in its system.

## Shock



Shock is a body's overall reaction to the severe stress of massive trauma, infection, dehydration or blood loss. Left to itself, it can be fatal. As the circulatory system begins to shut down, a dog's pulse becomes irregular and there is a drop in body temperature. In addition to this, the lack of blood turns the gums an unhealthy grayish color. In circumstances of shock, quickly address and treat any wounds. Cover the dog to keep it warm as its body temperature goes down. Without delay, immediately transport the dog to the nearest veterinarian facility.

## Heat Stroke



Dogs already have an average body temperature of 100 to 102.5. Heat stroke often occurs when a dog is confined to a space that provides inadequate airflow. Some dogs, such as those with heavy coats, have the propensity to suffer heat stroke more easily than others; especially in hot weather climates. In case of heat stroke, immediately remove the dog and cool it with water from a hose or use cold compresses. If the dog does not revive or feel better within

two to three minutes, it is imperative to get the dog to the nearest veterinarian facility.



## 8. Checking Vital Statistics

### Do You Know How to Check Your Dog's Pulse?

Check your dog's pulse using the femoral artery. To do this:

- Position your fingers on the inside of your dog's hind leg where the leg and abdomen meet.
- Move your fingers gently until you feel the sensation of pulsing blood.
- Using a watch, count the pulses for fifteen seconds and the multiply by four. This will be your beats per minute.

### Do You Know What Your Dog's Pulse and Heart Rate Should be?

Small dogs: 90-120 bpm

Medium dogs: 70-110 bpm

Large dogs: 60-90 bpm

When checking the pulse of your dog, it should not only be easy to find, it should also be regular and quite strong.

## 9. How to Check Your Dogs Temperature

### What's Your Dog's Average Temperature?



A normal temperature for dogs will run 100 to 102.5 degrees. It should be noted that smaller dogs occasionally have temperatures that are a degree or so higher than their larger counterparts.

### How Do You Check Your Dog's Temperature?

When checking your dog's temperature, feeling his or her ears or nose simply won't cut it. The only way to get a correct temperature is either the ear canal or rectally, using a digital or mercury thermometer. There are thermometers that can be inserted into the ear as well; however, it takes practice to get a correct reading.

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### Instructions for Taking Rectal Temperatures

Because some dogs are not as easy as others to handle for this task, it can sometimes take two people to get the job done. Holding the head and front part of the dog in a secure hug can help for larger dogs; under the arm can help for smaller breeds.

- Whether using a mercury thermometer or digital thermometer, make sure it is ready for use. Most thermometers offer

protective coverings to make cleaning easier and more sanitary. For the mercury thermometer, remember to shake the mercury to below 94 degrees.

- Lubricate the thermometer with a water or petroleum based lubricant.
- Slowly and carefully insert the thermometer into the rectum about one inch.
- Digital thermometers will beep upon arriving at the correct temperature. Mercury thermometers will need approximately two uninterrupted minutes.

## Instructions for Taking Ear Temperatures

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Unlike the human ear canal, a dog's ear canal is somewhat L shaped. This makes checking a temperature by ear rather tricky. A correct reading will greatly rely on getting the thermometer inserted deeply into the horizontal part of your dog's ear canal. For this reason, a pet thermometer made just for this task is a strongly recommended. It has the extended arm that makes taking the temperature easy and quick.

The most extreme of care is needed when using this type of instrument. When a dog is suffering from ear infections in both ears, it can become necessary to take the temperature rectally.

A dog with a temperature of less than 99 degree and above 104 needs emergency care right away. A lower than average temperature indicates shock while a higher than average temperature can indicate heat stroke or infection.

## 10. Keeping Your Dog Safe

### Prevention is the Best Medicine



Even if you are the most protective guardian in the world, there is no way to ensure that your dog will never get hurt. Learning signs and symptoms of injury are crucial; however, there are other things to consider that can keep your dog

from being one of the annual statistics that show up in vet hospitals all across the country.

*A calm dog is less prone to accidents.*

A vast number of injuries occur when a dog is out of control, running hither and yon with complete disregard for its owner's commands. These types of dogs are the ones that run into traffic, run into objects or collide with other dogs or people. They may bump over hot dishes off a stove or counter looking to snatch a treat and become injured. They are more likely to knock over trash cans and choke on whatever they ingest. The best line of defense in such cases is obedience training and regular exercise. Obedience training establishes domination in a relationship between you and your dog. And, as the saying goes, a good dog is a tired dog. Regular sessions of exercise allow a dog to channel its energy in an appropriate manner.

### *Grooming breeds familiarity.*

One of the best ways to become familiar with your dog, bond and catch any unidentified injuries is a regular session of grooming. Even if your dog does not require much in the way of habitual coat care, it is still a good idea to go over your friend from snout to tail at least once per week. This makes it easier to spot any anomalies that may have gone unnoticed. Some breeds of dog can get hurt or sick and never let on until it is almost too late.

### *Seatbelts!*

Rare is the dog that does not want to go wherever its guardian goes. While it is not true for all dogs, many love to get in the car and go for a ride. However, it is more than easy for your canine companion to be thrown around and critically injured in the case of an accident. Luckily, there are now comfortable, attachable restraints that go in a car to protect a dog, no matter what their size. Incidentally, it is never a good idea to let your dog stick its head out of a car window while in motion. Not only can something fly into your dog's eye, it can promote chronic eye infections as well.

### *Dog proof your home.*

The vast majority of pet accidents and injuries happen right in the home. Whether it's poisonings, choking or even slipping on a freshly waxed floor, it is important to remember that dogs have a different perspective, physically, mentally and emotionally. They are curious, enjoy routine and are forever canine in everything they do. The best way to dog proof a house is to get on your dog's level and look around at everything that might be a temptation or danger. Get rid of exposed electric cords and hang up cords from drapes and window treatments.

Some dogs are adept at opening cabinets, making child locks necessary. Don't underestimate what may taste good to your dog. Keep bathroom doors closed. Make sure outside enclosures are tall enough for the jumpers and deep enough for the diggers.

*Never allow your dog outside without a leash.*

Those with dogs that like to take off and run often follow this rule anyway; however, it's not that you shouldn't trust your companion but you shouldn't trust other people and animals. In incidents where accidents between people and pets or pets and other dogs occur, a dog off its leash is one of the most common factors. Many times, the individual whose dog is off the leash will have little or no legal recourse in the event that something harsh or tragic occurs. Plus, nearly every municipality has a leash law on its books.

*Happy hunting.*

Those whose dogs are used out in the field should have safety on their mind at all times. In most cases, a dog has been well trained to work with its guardian while retrieving or flushing game. However, it is more than easy for accidents to happen during the heat of the hunt. A dog should always have a reflective safety vest in addition to a flotation device whenever retrieving out on the water.

*Remember that simple houseplants can be dangerous to your dog.*

The following are plants that can be irritating to your dog's mouth, tongue or lips:

- Arrowhead vine
- Boston ivy
- Collodium
- Drunk cane
- Emerald duke
- Heart leaf (philodendron)
- Majesty
- Marble Queen
- Neththytis ivy
- Pathos
- Red princess
- Saddle leaf (philodendron)
- Split leaf (philodendron)

These toxic plants can cause a wide variety of reactions including vomiting, cramping, diarrhea, heart problems, kidney problems and respiratory distress.

- Amaryllis
- Asparagus fern
- Azalea
- Bird of Paradise
- Creeping Charlie
- Crown of Thorns
- Elephant ears
- Glocal ivy
- Heart ivy
- Ivy
- Jerusalem cherry
- Needlepoint ivy

- Pot mum
- Ripple ivy
- Spider mum
- Sprangeri fern
- Umbrella plant

