

# 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 emergency responder. If you are alone, you must call 9-1-1 first and then perform CPR.

### 5 START CPR

If not breathing and unresponsive



## ADULT

**STEPS FOR HOW TO PERFORM ADULT CPR (18 YEARS+)**

- 1. GIVE 30 CHEST COMPRESSIONS**
  - Push hard
  - Push fast
- 2. GIVE 2 RESCUE BREATHS**
  - Head-tilt-chin-lift
  - Pinch nose
  - 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
- 2. GIVE 2 RESCUE BREATHS**
  - Head-tilt-chin-lift
  - Pinch nose
  - 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**
  - Head-tilt-chin-lift
  - Pinch nose
  - Give 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. If no pulse, start CPR.
- 2. GIVE 30 CHEST COMPRESSIONS**
  - Use 1 or 2 hands depending on the size of the pet
- 3. IF NO PULSE, START CPR**
  - Give 2 rescue breaths
  - Give 30 chest compressions
- 4. RESCUE BREATHS**
  - Head-tilt-chin-lift
  - Pinch nose
  - Give 2 breaths

## 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

## 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

## INFANT

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT**

- 1. GIVE 5 BACK BLOWS**
  - Place the infant on your forearm, with their head lower than their chest
- 2. GIVE 5 CHEST THRUSTS**
  - Place the infant on your forearm, with their head lower than their chest

★ 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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