

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 no response, start CPR.

ADULT

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

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but only recommended for child and infant CPR.

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1 YEAR - 12 YEARS)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

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

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats. If no pulse, start CPR.
- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- 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.
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The victim can cough, breathe, or speak
 - The victim becomes unconscious
 - Call 9-1-1 if not alone

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- 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.
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The child can cough, breathe, or speak
 - The child becomes unconscious
 - Call 9-1-1 if not alone

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Place the infant on your forearm, head first, face down.
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, head first, face up.

★ 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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Table of Contents Latest Cpr Guidelines

1. Understanding the eBook Latest Cpr Guidelines
 - The Rise of Digital Reading Latest Cpr Guidelines
 - Advantages of eBooks Over Traditional Books
2. Identifying Latest Cpr Guidelines
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Latest Cpr Guidelines
 - User-Friendly Interface
4. Exploring eBook Recommendations from Latest Cpr Guidelines
 - Personalized Recommendations
 - Latest Cpr Guidelines User Reviews and Ratings
 - Latest Cpr Guidelines and Bestseller Lists
5. Accessing Latest Cpr Guidelines Free and Paid eBooks
 - Latest Cpr Guidelines Public Domain eBooks
 - Latest Cpr Guidelines eBook Subscription Services
 - Latest Cpr Guidelines Budget-Friendly Options

6. Navigating Latest Cpr Guidelines eBook Formats
 - ePub, PDF, MOBI, and More
 - Latest Cpr Guidelines Compatibility with Devices
 - Latest Cpr Guidelines Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Latest Cpr Guidelines
 - Highlighting and Note-Taking Latest Cpr Guidelines
 - Interactive Elements Latest Cpr Guidelines
8. Staying Engaged with Latest Cpr Guidelines
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Latest Cpr Guidelines
9. Balancing eBooks and Physical Books Latest Cpr Guidelines
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Latest Cpr Guidelines
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Latest Cpr Guidelines
 - Setting Reading Goals Latest Cpr Guidelines
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Latest Cpr Guidelines
 - Fact-Checking eBook Content of Latest Cpr Guidelines
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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