

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 number to get on scene and the victim is lying on a firm and flat surface lying on their back

5 START CPR



If not breathing and no response

ADULT

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

1 GIVE 30 CHEST COMPRESSIONS

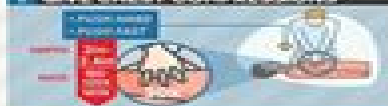


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

CHILD

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

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CHEST COMPRESSIONS

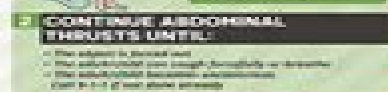


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CHEST COMPRESSIONS

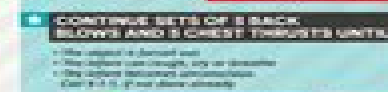


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



20X

1 GIVE CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

★ 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

First Aid And Cpr Manual 2015

Joacim Rocklöv



First Aid And Cpr Manual 2015:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **First Aid And Cpr Manual 2015**

In a global inundated with screens and the cacophony of immediate conversation, the profound energy and mental resonance of verbal artistry usually fade into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, located within the lyrical pages of **First Aid And Cpr Manual 2015**, a captivating function of fictional splendor that impulses with natural feelings, lies an unique trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that enchanting opus instructions readers on a mental odyssey, softly exposing the latent possible and profound impact stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect its captivating writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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