

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 scene 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 local emergency number. If on a mobile phone, hold the phone to your ear and speak into the phone as you perform CPR.

5 START CPR

If not breathing and unresponsive.



ADULT

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

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

Repeat as many times as needed, but highly 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
 - Push hard, push fast
 - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

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

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
 - Push down at least 1.5 inches
- 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**
 - Look for chest rise and fall
 - Check for a pulse at the femoral artery
- GIVE 30 CHEST COMPRESSIONS**
 - Push hard, push fast
 - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths
- IF NO PULSE, START CPR**
 - Repeat steps 1-3 as many times as needed
- HOW TO HELP A CONSCIOUS CHOKING ADULT**
 - Give 5 back blows
 - Give 5 chest thrusts
- HOW TO HELP A CONSCIOUS CHOKING CHILD**
 - Give 5 back blows
 - Give 5 chest thrusts
- HOW TO HELP A CONSCIOUS CHOKING INFANT**
 - Give 5 back blows
 - Give 5 chest thrusts
- CONTINUE COMPRESSIONS UNTIL:**
 - The person begins to breathe
 - An AED is ready to use
 - A trained rescuer arrives
 - You are too exhausted to continue

★ 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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