

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 the cycle as necessary. Stop CPR if the person starts breathing or if help arrives.

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

Repeat the cycle as necessary. Stop CPR if the person starts breathing or if help arrives.

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

Repeat the cycle as necessary. Stop CPR if the person starts breathing or if help arrives.

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Look for chest rise and fall
 - Feel for a pulse
- 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 the cycle as necessary. Stop CPR if the pet starts breathing or if help arrives.

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Stand behind the person
 - Place your hands around the person's waist
 - Give continuous abdominal thrusts
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The person can cough, breathe, or speak
 - The person becomes unconscious
 - Help arrives

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Stand behind the child
 - Place your hands around the child's waist
 - Give continuous abdominal thrusts
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The child can cough, breathe, or speak
 - The child becomes unconscious
 - Help arrives

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Place the infant on your forearm
 - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm
 - Give 5 chest thrusts

Repeat the cycle as necessary. Stop CPR if the person starts breathing or if help arrives.

★ 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 Printable Study Guide

JL Elias



First Aid And Cpr Printable Study Guide:

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