

# 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 for help. If alone, call 9-1-1 first, then return to the victim to begin CPR. If a second person is present, have them call 9-1-1 while you begin CPR.

### 5 START CPR



If not breathing and unresponsive.

## ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18-YRS-120)

- GIVE 30 CHEST COMPRESSIONS**
  - Push hard
  - Push fast
- GIVE 2 RESCUE BREATHS**
  - Tilt head back
  - Pinch nose
  - Give 2 breaths

Repeat the cycle until help arrives, but briefly reassess for Child and Infant CPR.

## CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1-YR-8-YRS)

- GIVE 30 CHEST COMPRESSIONS**
  - Use 1 or 2 hands, depending on the size of the child
  - Push hard
  - Push fast
- GIVE 2 RESCUE BREATHS**
  - Tilt head back
  - Pinch nose
  - Give 2 breaths

## INFANT

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

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

## PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
  - Check for pulse: locate carotid artery, femoral artery, or other major blood vessel
- GIVE THE OTHER RESCUE BREATH**
  - Rebreather or mask
  - Mouth-to-mouth
- IF NO PULSE, START CPR**
  - Give 30 chest compressions
  - Give 2 rescue breaths

## 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 chest (above the navel)
  - Grasp your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The abdominal can't go in (usually no breaths)
  - The abdominal becomes unresponsive
  - Call 9-1-1 if not alone already

## 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 chest (above the navel)
  - Grasp your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The abdominal can't go in (usually no breaths)
  - The abdominal becomes unresponsive
  - Call 9-1-1 if not alone already

## HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
  - Hold the infant with one hand supporting the head and neck
  - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
  - Place the infant on your forearm, head down
  - Give 5 chest thrusts

## RESCUE BREATHS

- RESCUE BREATHS**
  - Mouth-to-mouth
  - Mouth-to-nose
  - Mouth-to-mouth and nose
  - Mouth-to-mouth and nose
  - Mouth-to-mouth and nose
- CONTINUE COMPRESSIONS UNTIL:**
  - The object is forced out
  - The abdominal can't go in (usually no breaths)
  - The abdominal becomes unresponsive
  - 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

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