

# 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 your surroundings to make sure it is safe to perform CPR. You may be interrupted for years.

### 2 CHECK FOR RESPONSIVENESS



Ask: "Are you okay?"

Tap other person's shoulder and shout: "Are you okay?"

### 3 LOOK FOR NORMAL BREATHING



A look for increased chest rise and fall.

### 4 CALL 9-1-1



If no pulse, call 9-1-1 or your local emergency number. If you are alone, start CPR and call 9-1-1 or your local emergency number as soon as possible. If you are not alone, have someone else call 9-1-1 or your local emergency number.

### 5 START CPR



Use compressions and breaths in a ratio of 30:2.

## ADULT

STEP 1: ASSESS SCENE SAFETY

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



### 3 GIVE CHEST COMPRESSIONS



#### OTHERS: HOW TO HELP A CONSCIOUS ADULT



### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

The victim is found well.

The abdominal thrusts cough, dislodge or remove the object of their throat.

The rescuer is exhausted.

The rescuer is unable to continue.



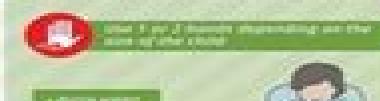
RESCUE BREATHS: 1 BREATH

CONTINUE COMPRESSIONS: 30

## CHILD

STEP 1: ASSESS SCENE SAFETY

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



### 3 GIVE CHEST COMPRESSIONS



#### OTHERS: HOW TO HELP A CONSCIOUS CHILD



### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

The victim is found well.

The abdominal thrusts cough, dislodge or remove the object of their throat.

The rescuer is exhausted.

The rescuer is unable to continue.

RESCUE BREATHS: 1 BREATH

CONTINUE COMPRESSIONS: 30

## INFANT

STEP 1: ASSESS SCENE SAFETY

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



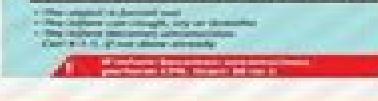
### 3 GIVE 30 CHEST COMPRESSIONS



#### OTHERS: HOW TO HELP A CONSCIOUS INFANT



### 1 GIVE 5 BACK BLOWS



### 2 GIVE 5 CHEST THRUSTS



RESCUE BREATHS: 1 BREATH

CONTINUE COMPRESSIONS: 30

## PET

STEP 1: ASSESS SCENE SAFETY

### 1 CHECK FOR BREATHING AND A PULSE



### 2 IF NO PULSE, START CPR



### 3 RESCUE BREATHS



#### OTHERS: HOW TO HELP A CONSCIOUS PET



### 1 GIVE 5 BACK BLOWS



### 2 GIVE 5 CHEST THRUSTS



RESCUE BREATHS: 1 BREATH

CONTINUE COMPRESSIONS: 30



CONTINUE COMPRESSIONS 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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**MDK Publishing**

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