

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 trained, use an AED if available. If not, continue CPR.

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



2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is removed.
- The abdominal pain ceases.
- The person begins to breathe on their own.
- The rescuer becomes exhausted.



CONTINUE COMPRESSIONS OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:

• The victim begins to breathe.

• An AED is ready to use.

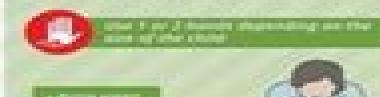
• A trained rescuer arrives.

• You are too exhausted to continue.

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



2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is removed.
- The abdominal pain ceases.
- The person begins to breathe on their own.
- The rescuer becomes exhausted.

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



2 CONTINUE BACK BLOWS AND CHEST THRUSTS UNTIL:

- The object is removed.
- The abdominal pain ceases.
- The person begins to breathe on their own.
- The rescuer becomes exhausted.

PET

STEP 1: ASSESS SCENE SAFETY

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



3 GIVE 30 CHEST COMPRESSIONS



4 RESCUE BREATHS



5 CONTINUE RESCUE BREATHS UNTIL:

- The pet begins to breathe on their own.
- The rescuer becomes exhausted.



• 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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