

# 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 area 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 you are alone, you must call 9-1-1 first and then perform CPR.

### 5 START CPR



If not breathing and no response

## ADULT

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

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

Repeat the cycle until help arrives, but only 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
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

## INFANT

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

- GIVE 30 CHEST COMPRESSIONS**
  - Use 2 fingers
  - Push hard, push fast
- 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**
  - Check pulse: Artery where your dog's heart is located. If no pulse, start CPR.
- IF NO PULSE, START CPR**
  - Push hard, push fast
- RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

## ADULT

**STEPS FOR 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 abdomen, just above the navel
  - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The victim can cough, breathe, or speak
  - The victim becomes unconscious
  - Call 9-1-1 if not alone

## CHILD

**STEPS FOR 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 abdomen, just above the navel
  - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The child can cough, breathe, or speak
  - The child becomes unconscious
  - Call 9-1-1 if not alone

## INFANT

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT**

- GIVE 5 BACK BLOWS**
  - Place the infant on your forearm, with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
  - Place the infant on your forearm, with their head lower than their chest

★ 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

# Cpr Study Guide Red Cross

**Mr. Prem Prakash Suman, Dr. Amita  
Joseph, Prof. (Dr.) Trilok Sompura**

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Abdominal pain is a common symptom that can stem from a wide array of causes making it a significant concern for many individuals seeking medical attention This discomfort which can range from mild to severe might be acute occurring suddenly and intensely or chronic persisting over a long period The abdominal region encompassing everything from the lower ribs to the pelvis houses numerous vital organs including the stomach intestines liver pancreas spleen and kidneys Consequently pain originating from this area can be complex with a broad differential diagnosis depending on the organ involved and the nature of the pain

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