

# 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 for safety. If you are in danger, call 9-1-1 first.

### 2 CHECK FOR RESPONSIVENESS



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

### 3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall.

### 4 CALL 9-1-1



If no response, call 9-1-1. If you are alone, start CPR immediately. If someone else is available, have them call 9-1-1 and get an AED if available.

### 5 START CPR



Use compressions and rescue breaths.

## ADULT

STEP 1: HOW TO PERFORM (ADULTS - 18 YRS+)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (ADULTS)

### 3 GIVE CHEST COMPRESSIONS



STEP 3: HOW TO HELP A CONSCIOUS ADULT



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is revived.  
This patient can cough, breathe, or move.  
This patient can drink or eat.  
This patient is no longer in shock.



CONTINUE COMPRESSIONS OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



The victim begins to breathe.

An AED is ready to use.

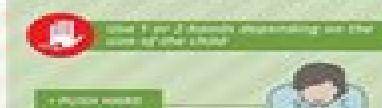
A trained rescuer arrives.

You are too exhausted to continue.

## CHILD

STEP 1: HOW TO PERFORM (CHILDREN - 1-11 YRS)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (CHILDREN)

### 3 GIVE CONTINUOUS ABDOMINAL THRUSTS



STEP 3: HOW TO HELP A CONSCIOUS CHILD



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is revived.  
This patient can cough, breathe, or move.  
This patient can drink or eat.  
This patient is no longer in shock.

## INFANT

STEP 1: HOW TO PERFORM (INFANTS - 0-11 M)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO HELP A CONSCIOUS INFANT

### 1 GIVE 5 BACK BLOWS



### 2 GIVE 5 CHEST THRUSTS



### 3 CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

This patient is revived.  
This patient can cough, breathe, or move.  
This patient can drink or eat.  
This patient is no longer in shock.

## PET

STEP 1: HOW TO PERFORM PET CPR

### 1 CHECK FOR BREATHING AND A PULSE



### 2 IF NO PULSE, START CPR



### 3 RESCUE BREATHS



### 4 CONTINUE COMPRESSIONS UNTIL:



### 5 CONTINUE COMPRESSIONS UNTIL:



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.

# Cpr Study Guide Red Cross

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

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