

SureFire CPR

PRESENTS

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 you respond with a 9-1-1 or other emergency call to do so, make sure the victim is lying on a firm and flat surface facing up.

5 START CPR

If not breathing and unresponsive



ADULT

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

1 GIVE 30 CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest

2 GIVE 2 RESCUE BREATHS

- Head-tilt-chin-lift
- Pinch nose
- Give 2 breaths

Always ensure an AED is available, but never delay CPR to find one for child and infant CPR

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

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side of your hand against the middle of the victim's abdomen (just above the navel)
- Cover your fist with your other hand

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, then 2R to 2

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (8-YRS - 12-YRS)

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 or 3 fingers, depending on the size of the child
- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest

2 GIVE 2 RESCUE BREATHS

- Head-tilt-chin-lift
- Pinch nose
- Give 2 breaths

STEPS FOR HOW TO PERFORM CHILD CPR (8-YRS - 12-YRS)

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side of your hand against the middle of the child's abdomen (just above the navel)
- Cover your fist with your other hand

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, then 2R to 2

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 fingers
- Push hard, push fast
- Push about 1.5 inches (4 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest

2 GIVE 2 RESCUE BREATHS

- Head-tilt-chin-lift
- Pinch nose
- Give 2 breaths

3 GIVE 5 BACK BLOWS

- Place the infant in one hand with their feet pointing toward you
- Give 5 back blows

4 GIVE 5 CHEST THRUSTS

- Place the infant in one hand with their feet pointing toward you
- Give 5 chest thrusts

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

1 GIVE 5 BACK BLOWS

- Place the infant in one hand with their feet pointing toward you
- Give 5 back blows

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS

- Place the infant in one hand with their feet pointing toward you
- Give 5 back blows

2 GIVE 5 CHEST THRUSTS

- Place the infant in one hand with their feet pointing toward you
- Give 5 chest thrusts

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

- The object is forced out
- The infant can cough, cry or breathe normally
- The victim becomes unresponsive, perform CPR, then 2R to 2

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

- Look for normal breathing and a pulse
- Use the other hand to feel for a pulse

2 IF NO BREATHING AND NO PULSE, START CPR

- Give 30 chest compressions
- Give 2 rescue breaths

STEPS FOR HOW TO PERFORM PET CPR

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side of your hand against the middle of the pet's abdomen (just above the navel)
- Cover your fist with your other hand

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The pet becomes unresponsive, perform CPR, then 2R to 2

★ 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 American Red Cross Study Guide

Kim Cooper, Kelly Gosnell



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American Red Cross First Aid/ CPR/ AED Participant's Manual American Red Cross,2021-10-19 San Francisco Firefighter Exam Review Guide Lewis Morris,2015-09-18 Learn how to pass the San Francisco Firefighter exam and become a professional firefighter The number of candidates taking the exam has increased dramatically in recent years reflecting the desirability of the profession In order to succeed against this increased competition the candidate must be prepared to tackle the unique question types found on the exam This book contains the most up to date and accurate information to help you prepare for the San Francisco firefighter exam Written using lessons learned from the latest exam updates this manual squarely prepares the reader for all of the exam sub areas including expanded sections on mechanical ability and situational awareness

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American Red Cross CPR Instructor's Manual American Red Cross,1988

A TEXTBOOK OF COMMUNITY HEALTH NURSING For B.Sc. Nursing VII Semester Mr. Prem Prakash Suman,Dr. Amita Joseph,Prof. (Dr.) Trilok Sompura,2024-11-19

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American Red Cross First Aid American Red Cross,2005

American Red Cross First Aid/CPR/AED Instructor's Manual American Red Cross,2021-10-30

American Red Cross First Aid/CPR/AED ,2016

National Library of Medicine Current Catalog National Library of Medicine (U.S.),1993

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froid

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