

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 down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push until your arms are straight
- Push until the chest is fully compressed

2 GIVE 2 RESCUE BREATHS

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

Always ensure the airway is open, but never reposition for child and infant CPR

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

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push until your arms are straight
- Push until the chest is fully compressed

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side facing you against the middle of the victim's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in with your arms straight
- Push up and in with your arms straight
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- Push up and in with your arms straight
- Push up and in with your arms straight
- Push up and in with your arms straight
- Push up and in with your arms straight

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can be coughed up or breathed out
- The obstruction has been completely removed
- The victim is fully conscious

If you are alone and unresponsive, perform CPR. Repeat 30 to 2

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1YRS - 8 YRS)

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 or 3 fingers, depending on the size of the child
- Push hard and fast
- Push down at least 1/2 inch (1.25 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push until your arms are straight
- Push until the chest is fully compressed
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- Push until the chest is fully compressed

2 GIVE 2 RESCUE BREATHS

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

Always ensure the airway is open, but never reposition for child and infant CPR

STEPS FOR HOW TO PERFORM CHILD CPR (1YRS - 8 YRS)

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push down at least 1/2 inch (1.25 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push until your arms are straight
- Push until the chest is fully compressed

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side facing you against the middle of the child's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in with your arms straight
- Push up and in with your arms straight
- Push up and in with your arms straight
- Push up and in with your arms straight
- Push up and in with your arms straight
- Push up and in with your arms straight
- Push up and in with your arms straight
- Push up and in with your arms straight

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can be coughed up or breathed out
- The obstruction has been completely removed
- The child is fully conscious

If you are alone and unresponsive, perform CPR. Repeat 30 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 down at least 1/4 inch (0.625 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push until your arms are straight
- Push until the chest is fully compressed

2 GIVE 2 RESCUE BREATHS

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

Always ensure the airway is open, but never reposition for child and infant CPR

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

1 GIVE 5 BACK BLOWS

- Place the infant on your back with their head tilted back
- Give 5 back blows

2 GIVE 5 CHEST THRUSTS

- Place the infant on your back with their head tilted back
- Give 5 chest thrusts

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS

- Place the infant on your back with their head tilted back
- Give 5 back blows

2 GIVE 5 CHEST THRUSTS

- Place the infant on your back with their head tilted back
- Give 5 chest thrusts

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

- The object is forced out
- The obstruction can be coughed up or breathed out
- The obstruction has been completely removed
- The infant is fully conscious

If you are alone and unresponsive, perform CPR. Repeat 30 to 2

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

- Check for breathing and a pulse

2 GIVE THE OTHER RESCUE BITE

- Give the other rescue bite

3 IF 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 down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push until your arms are straight
- Push until the chest is fully compressed

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side facing you against the middle of the pet's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in with your arms straight
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2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can be coughed up or breathed out
- The obstruction has been completely removed
- The pet is fully conscious

If you are alone and unresponsive, perform CPR. Repeat 30 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

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H Kauffman



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