

# 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 emergency responder. If you are alone, you must call 9-1-1 first and then return to the victim.

### 5 START CPR



If not breathing and no response

## ADULT

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

**1. GIVE 30 CHEST COMPRESSIONS**

- Push hard
- Push fast

**2. GIVE 2 RESCUE BREATHS**

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

Remember: mouth-to-mouth is optional, but highly recommended for child and infant CPR

STEPS FOR HOW TO PERFORM CHILD-ONLY CPR

**1. GIVE CHEST COMPRESSIONS**

- Push hard
- Push fast

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

**1. 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

**2. CONTINUE ABDOMINAL THRUSTS UNTIL:**

- The object is forced out
- The victim can cough, breathe or breathe
- The victim becomes unconscious
- Call 9-1-1 if not alone

If victim becomes unconscious, perform CPR. Repeat 30 to 2

## CHILD

STEPS FOR HOW TO PERFORM CHILD-ONLY CPR (1 YEAR - 8 YEARS)

**1. GIVE 30 CHEST COMPRESSIONS**

- Use 1 or 2 hands depending on the size of the child

- Push hard
- Push fast

**2. GIVE 2 RESCUE BREATHS**

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

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

**1. 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

**2. CONTINUE ABDOMINAL THRUSTS UNTIL:**

- The object is forced out
- The child can cough, breathe or breathe
- The child becomes unconscious
- Call 9-1-1 if not alone

If child becomes unconscious, perform CPR. Repeat 30 to 2

## INFANT

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

**1. GIVE 30 CHEST COMPRESSIONS**

- Use 2 fingers
- Push hard, push fast

**2. GIVE 2 RESCUE BREATHS**

- Seal your mouth to cover the infant's mouth and nose
- Look for the infant's chest to rise when you breathe into the mouth
- Look for the infant's chest to fall when you stop breathing

**3. GIVE 2 RESCUE BREATHS**

- Seal your mouth to cover the infant's mouth and nose
- Look for the infant's chest to rise when you breathe into the mouth
- Look for the infant's chest to fall when you stop breathing

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

**1. GIVE 5 BACK BLOWS**

- Place the infant on your forearm, with their head facing down

**2. GIVE 5 CHEST THRUSTS**

- Place the infant on your forearm, with their head facing up

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

- The object is forced out
- The infant can cough, cry or breathe
- The infant becomes unconscious
- Call 9-1-1 if not alone

If infant becomes unconscious, perform CPR. Repeat 30 to 2

## PET

STEPS FOR HOW TO PERFORM PET CPR

**1. CHECK FOR BREATHING AND A PULSE**

- Check pulse: Artery within your palm, under the victim's chest

**2. GIVE THE OTHER RESCUE BLOW**

- Seal your mouth to cover the pet's mouth and nose
- Look for the pet's chest to rise when you breathe into the mouth
- Look for the pet's chest to fall when you stop breathing

**3. IF NO PULSE, START CPR**

- Give 30 chest compressions
- Give 2 rescue breaths

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

**1. GIVE 5 BACK BLOWS**

- Place the pet on your forearm, with their head facing down

**2. GIVE 5 CHEST THRUSTS**

- Place the pet on your forearm, with their head facing up

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

- The object is forced out
- The pet can cough, cry or breathe
- The pet becomes unconscious
- Call 9-1-1 if not alone

If pet becomes unconscious, 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

# Cpr Certification Study Guide

**H Kauffman**



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